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MY LADY'S EVERYDAY COOKERY GUIDE

BY

P. D. DIAS,

Late Cook to the Prince and Princess of Wales
(now King George V and Queen Mary)
and two former Viceroys : Lords Minto and Hardinge

TRANSLATED BY MRS. VIRGINIA ROSARIO



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PREFACE.

It was the success of my first publication entitled "Cooks' Guide", which encouraged me to undertake this little booklet for "My Lady" in India. It is my intention here to enable "My Lady" to get the best of dishes, in the best possible way, and yet with the lowest possible expenses, for I have borne in mind the hard modern days.

I may here acquaint my readers of the great privilege I had of serving Their Majesties, King George and Queen Mary, on their visit to India as Prince and Princess of Wales. Throughout their stay in India, their Majesties' cooking was done by me, in appreciation of which Their Majesties presented me with a silver casket.

I also had the good fortune of extending the services of my profession to two Indian Viceroys, Lord Minto and Lord Hardinge.

I hope this little booklet will be as useful to "My Lady" as I wish to be.

P. D. DIAS.

INTRODUCTION.

“My Lady’s Everyday Cookery Guide” has been undertaken as stated to help “My Lady” to manage her own cooking. (It is not meant for the professional cook). It is a pity so many of the ladies are ignorant of the art which is so essential for their household. I can here assure them, that cooking is easy if one has a mind to do it, besides being so economical, than leaving it entirely in the hands of servants.

In the recipes of this booklet, a general idea of preparing each dish is given. However tastes differ and the proportion of ingredients to be used often have to be changed in order that the dish may suit ones own liking. The first attempt at cooking therefore may not be successful, yet with a few attempts more, I can safely tell you, it will come right. Failures are often due to bad provision etc. and therefore failure to make a dish tasty, should never discourage you.

I cannot help laying stress of the need of cleanliness in your cooking. You should yourself see that all the utensils are well cleaned everyday as this will prevent any germs from being there. Let all the things in your kitchen be kept clean and you will surely appreciate your dinner much more. Please do not use the ordinary bazar ghee. From my experience I can say, it spoils the cooking. Buy some butter and melt it. The ghee you get this way, will suit you much better, besides being healthier.

My Lady's Everyday Cookery Guide.

Beef or Mutton Soup.

Nº. 1. *Stock*.—Place in a stew-pan a pound of mutton or beef, cut in pieces one onion, 6 pepper corns, a bit of fresh ginger 12 coriander seeds, a little vegetable if preferred, half a tea-spoon salt and 2 seers of water. Boil this gently on slow fire for 2 hours till the liquid is reduced to half the quantity. Strain the soup through a coarse towel and boil again. This stock can be used for making various other soups.

Clear Vegetable Soup.

Nº. 2. *Julian Soup* :—Take 2 pounds of meat and prepare the soup in the same way as recipe Nº. 1. Before preparing the soup take four ozs. of raw meat from the two pounds cut it up very fine and place in a cup with two table-spoons of water. After your Soup is ready, remove the fat that floats on top and with this brown a sliced onion. When the onion is brown remove the surplus fat from the pan. Then pour in the soup mixed with a raw egg and the mince. Reduce the fire and let it simmer on till the soup is reduced to about a seer. Strain it through a coarse towel and add to this some boiled vegetable, cut very fine, such as carrots, turnips, nolecole, Onion etc.

French Family Soup.

Nº. 3. *Pot au-feu*.—This soup is generally appreciated by noble families and therefore care should be taken to prepare it cleanly.

Ingredients :—2 lbs. of brisket of beef, one small onion, one carrot, one turnip, six pepper corns, $\frac{1}{2}$ a table spoon of Salt, a piece of green Ginger, a piece of cabbage, 2 cardamon leaves and 2 seers of water.

Method :—Put the meat, cut into four bits, into a stew-pan with water together with all the other ingredients. Let it come gently to boiling point, and skim well. Reduce the fire, remove the lid of the stew-pan and let it simmer on for two hours. Remove the pieces of meat and serve in soup-plates. The meat may be served as a separate course.

Mutton Broth.

N^o. 4.—*Ingredients* :—Two lbs mutton, one onion, two cardamon leaves, a piece of green ginger, Six pepper corns, salt to taste, some vegetables if preferred, and 2 seers of water.

Method :—Cut the meat into small pieces. Put the water into a stew-pan, add the meat and all the ingredients, bring slowly to the boil and skim well. Reduce the fire and let it cook for an hour and 10 minutes. When the broth is reduced to about a seer, strain it through a course cloth. Warm a desert spoon full of ghee and brown a tea-spoon of flour, add to it the broth, bring to a boiling point and serve.

Beef Tea.

N^o. 5.—This soup is specially recommended for children and invalids. When the doctor prescribes this soup it should be prepared by a home person and not be left entirely to the cook, because they will never take as much interest.

Get a pound of beef, free from fat and bones, and cut it up in small bits. Place this in a stew-pan and brown it slightly. Then add to it one seer of water, half a tea-spoon salt and six pepper corns. Let it simmer on slow fire for $1\frac{1}{2}$ hour. When the liquid is reduced to about half a seer strain it in a cup and serve.

Beef Tea N^o. 2.

N^o. 6.—Take a pound of beef free from bones and fat. Cut it up fine and place it in a stew-pan with one seer of water, half a tea spoon salt and six pepper corns. Cook on slow fire for $1\frac{1}{2}$ hours till the quantity is reduced to half a seer. Pour it out in a cup without straining, and serve.

Chicken Jar Soup.

N^o. 7.—Cut and wash a chicken (about 3 months old,) place it in a jar, with three table-spoons of water, half a tea-spoon salt and six pepper corns. Cork the jar well so that no steam may escape. Place the jar in boiling water, allowing the latter to cover three-quarters of the jar. Steam for 2 hours on slow fire. Strain it in a cup and serve. This soup can also be made of mutton or beef, in the same way and given to invalids and children.

Chicken Broth.

N^o. 8.—Cut up and wash a chicken, put it to boil in a seer of water, with one onion, half a tea-spoon of salt, six pepper corns, 12 coriander seeds and one cardamon leaf. Bring it to a boiling point, remove the lid and let it cook on slow fire for one hour, and serve.

Thick Soup.

N^o. 9.—For this take a seer of N^o. 1 stock. Warm a table spoon of ghee in a stew-pan and brown a table-spoon of flour, stir in the stock and let it simmer for a few minutes, and then serve.

Economical Soup.

N^o. 10.—Take the bones of stale roast and place in a stew-pan. Add to it one minced onion, salt to taste, six pepper corns, three cloves, one cardamon leaf, some vegetables and one and a half seer of water. Let it simmer on slow fire for $1\frac{1}{2}$ hours, then strain

it into another sauce-pan. Warm a table spoon of ghee and brown two tea-spoons of flour. Add to it the soup and let it boil for a few minutes. Serve *with macroni* or *vermecelli*.

Clear Mulligatawny.

Nº. 11.—The stock for this soup should be prepared according to recipe Nº. 1, but if desired the meat may be omitted.

Take a pound of meat and prepare $1\frac{1}{2}$ seer stock according to receipt Nº. 1. Roast and pound fine, a table spoon of coriander seeds, 2 pinches jeera seeds, one pinch mustard seeds, one red chillie and a piece of saffron. With the fat from the stock brown a sliced onion, then add the pounded currey stuff, a little tamarind, a piece of green ginger, salt to taste, and one raw egg well beaten. Simmer the soup on slow fire and reduce the quantity to about a seer.

Strain and serve with a little boiled rice and sour lime.

Thick Mulligatawny.

Nº. 12.—Roast one table spoon of coriander seeds, and half a tea-spoon jeera seeds. Grind these together with a piece of saffron, two red chillies, 4 ounces cocoanut, 2 ounces monkey nuts, 2 ounces roasted gram dall, and three slices of garlic. Prepare the milk of half a cocoanut. Warm a table spoon of ghee, brown a sliced onion then the ground mussala. Pour in the cocoanut milk, half a seer of Nº. 1 stock, a little tamarind, salt to taste and let it boil for a couple of minutes. Then take it down from the fire and when cold, strain it through a piece of muzlin into a sauce-pan. Add to it 6 curry Pak leaves, warm and serve. Well cooked rice and sour lime should be served round with this soup.

Pepper Water.

Nº. 13.—Roast and pound fine, two table spoons of coriander, half a tea-spoon jeera, and add to it a little saffron powder. Also one red chillie, six pepper corns, a pinch of mustard seed slightly

crushed, a piece of green ginger, a little tamarind, and salt to taste. Put all the above ingredients into a sauce-pan with a seer of water and keep it on the fire till it comes to boiling point. Take it down from the fire and strain. Warm a table spoon of ghee and brown a small sliced onion. Pour in the strained pepper water. Add to it 6 curry Pak leaves and bring to boil. This pepper water is very efficacious if taken when you get a cold.

Pea Soup.

Nº. 14.—Place in a stew-pan half a seer of gram dall, one sliced onion, 4 ounces ham bones, and half a seer water. Place it on the fire and bring it to boil. Cover the stew-pan and let it simmer on slow fire till the dall desolves. Strain through coarse muzlin and add to it $\frac{3}{4}$ seer Nº. 1 stock. Warm a table spoon of ghee and brown a minced onion. Pour in the soup and let it boil for a few minutes. Serve with dried mint leaves and croutons of fried bread.

Pure Potatoe Soup.

Nº. 15.—Clean and slice one pound potatoes and two onions. Warm a table spoon of ghee in a sauce-pan and brown slightly the onions and potatoes. Add half a seer water, two cardamon leaves, half a tea-spoon pepper powder, half an inch piece of green ginger and salt, and let it simmer on slow fire until the potatoes are tender. Rub through a fine sieve and add to it half a seer Nº. 1 stock. Warm a table-spoon of ghee and brown slightly one tea-spoon of flour. Pour in the soup bring to the boil and serve.

Pure Vegetable Soup.

Nº. 16.—Clean and mince fine one pound vegetables, such as cauliflower, nolecole, turnip, potatoes, etc. Brown a sliced onion with a little ghee. Add to the sliced vegetables, a little salt, half a tea-spoon pepper powder, a piece of green ginger, half a chillie and a little water. Cover the lid of the stew-pan and simmer until the vegetables are tender. Rub through a fine sieve. Warm

a table-spoon of ghee and brown a tea-spoon of flour. Add the strained vegetables and half a seer of N^o. 1 stock, and bring to the boil. Mix 2 table spoons of milk and serve.

Prawn Soup.

N^o. 17.—Shell and wash half a pound prawns and place them in a stew-pan. Add one sliced onion a piece of green ginger, one green chillie, 2 cardamon leaves, a little salt and one seer water. Place the stew-pan on the fire and bring slowly to the boil. Then cover the stew-pan and let it simmer for 15 minutes. Stir with a spoon and strain. Warm a table spoon of ghee and brown a tea-spoon of flour. Add the soup and the boiled prawns cut into small slices. Let it boil for a few minutes then serve.

Oyster Soup.

N^o. 18.—Take half a pound of Oysters and prepare the Soup in the same way as Prawn Soup.

Fish Soup.

N^o. 19.—Clean and wash a pound of good fish and place in a stew-pan with a little salt for about 15 to 20 minutes. Then wash the fish again, add one seer water, a sliced onion, 2 green chillies, a piece of green ginger, 2 cardamon leaves, half a tea-spoon of salt, and let it boil for 15 minutes, then strain. Warm a table-spoon of ghee and brown a minced onion, and two tea-spoons of flour. Add the Soup, the fish cut into small pieces, and 2 tomatoes peeled, and cut into slices. Let it boil for a few minutes and then serve.

Pure Green Peas Soup.

N^o. 20.—Shell and wash a pound of green peas. Place a seer of water in a stew-pan and let it boil, then add the green peas and boil on slow fire until tender. Strain the water out and grind the green peas and strain through a fine sieve. Warm a table spoon of ghee and brown a sliced onion then add the ground

peas, salt, pepper, one seer N^o. 1 stock and bring to boil. Add four table-spoons of milk and croutons of fried bread and serve.

Pure Pumpkin Soup.

N^o. 21.—Clean and slice one pound red pumpkin and prepare the soup in the same way as Potatoe Soup. When ready add two table-spoons of milk and two table spoons of cream and serve.

Pure Spinach Soup.

N^o. 22.—Clean half a pound spinach. Boil and grind the spinach and prepare the soup in the way as Green Peas soup and serve.

Bread Soup.

N^o. 23.—Place in a stew-pan one seer water, two sliced onions, two pinches pepper powder, salt, two cardamon sticks, four cloves and a little nutmeg. Cook for 15 minutes and strain. Warm a table-spoon of ghee and brown slightly 2 onions minced fine, then add two tea-spoons flour stir well and lastly add the soup. Boil up and serve with bread, cut into very small pieces.

Milk Soup.

N^o. 24.—Place in a stew-pan a seer of milk, two pinches pepper powder, two cardamon leaves, a little nutmeg, two sliced onions and salt to taste. Boil together for about fifteen minutes and strain. Warm a table spoon of ghee and brown slightly one tea-spoon of flour. Pour in the strained milk and stir gently. Boil up and serve with bread cut into small pieces.

Chicken Broth. (Goa Style).

N^o. 25.—Cut up and wash a chicken (about 3 months old) put it to boil in a seer of water, with salt to taste. When it comes to boiling point add one sliced onion, one tea-spoon of coriander, $\frac{1}{4}$ tea-spoon jeera, 6 crushed pepper corns, and a piece of ginger tied in piece of muslin. Simmer the broth for 1 $\frac{1}{2}$ hours, stir and serave.

CURRIES.

Sorak. (Plain curry).

Nº. 26.—Grind a salt-spoon of jeera, 6 red chillies, a piece of turmeric, two tea-spoons coriander and half a cocoanut. Place the ground mussala in a sauce-pan and add sliced onion, a piece of minced ginger, salt, tamarind and a seer of water. Let it cook on slow fire for about 10 to 15 minutes and serve.

Meagre Curry.

Nº. 27.—Grind the same mussala as used in "Sorak" (Nº. 25). The cocoanut for this should be slightly roasted before grinding and instead of tamarind use dried mango slices and prepare the curry in the same way as Nº. 26, and serve.

Cooked Fish Curry.

Nº. 28.—This curry can be made of fried or half cooked fish. Prepare the fish for the next day's curry as follows. Clean, salt, and wash the fish and place in a sauce-pan. Add a sliced onion, 3 green chillies, a piece of ginger, one table spoon of oil, one table-spoon vinigar, two table-spoons water and salt to taste. Cover the sauce-pan and cook on slow fire for 15 to 20 minutes. Take it down from the fire and let it cool. Then cover the sauce-pan and keep it aside till tomorrow. This curry can also be prepared of fried fish. For this clean, salt and wash the fish and wipe on a piece of cloth. Warm some oil in a fry-pan and put the fish in and cover the fry-pan and let it fry on slow fire. When cooked take it out in a plate and keep it for the next day and prepare the curry as follows:—Grind for mussala six dry chillies, one tea-spoon of jeera, a piece of turmeric, one table-spoon coriander and quarter tea-spoon mustard. Prepare the milk of half a cocoanut. About $\frac{1}{4}$ seer thick milk and half a seer thin milk and keep in separate bowls. Warm two table spoons of oil and slightly brown one onion, a piece of ginger and four slices of garlic minced

fine. Add the curry paste stir and brown, then add the curry stuff water and the thin cocoanut milk. When it rises to boiling point twice add the tamarind juice and salt. Then the fish and the thick milk. Let the curry cook a few minutes after the milk is added.

Fried Fish Curry.

Nº. 29.—This curry is prepared in the same way as Nº. 28. Add 4 green chillies cut into slices and one table-spoon of vinigar and serve.

Madras Fish Curry.

Nº. 30.—Clean and wash one pound of fish and keep in salt for a little while. Grind for curry stuff 8 red chillies, half a tea-spoon jeera, $\frac{1}{4}$ tea-spoon methi seed, $\frac{1}{4}$ tea-spoon of mustard, 6 slices of garlic, one table-spoon of coriander, and half a cocoanut. Prepare the milk of half a cocoanut. Warm two table-spoons of oil and brown a sliced onion. Add the Mussala and let that cook on slow fire, stirring carefully. Then add the tamarind a piece of greenginger (sliced), the cocoanut milk, the fish, salt and 12 curry pak leaves. Boil gently till the curry is cooked

Deccan Fish Curry.

Nº. 31.—This curry is prepared in the same way as Madras Fish curry Nº. 30, but instead of curry Pak leaves use a bunch of coriander leaves and season the curry with Teil seed oil.

Sea Fish Curry.

Nº. 32.—Clean and wash a pound of Sardines or shad fish and keep them in a little salt for a few minutes. Grind together 8 red chillies, half a cocoanut, $\frac{1}{4}$ tea spoon jeera, one table-spoon Coriander, and 4 slices of garlic. Put the ground mussala in a sauce-pan and add a sliced onion, salt, a few slices of dried mangoes and 15 wild pepper corns and place the sauce-pan on the fire. When the curry begins to boil, add the fish and let it simmer on slow fire till is it properly cooked.

Curry Powder N^o. 1.

N^o. 33.—Clean a pound of coriander and soak them in boiling water. When the water is perfectly cold drain and dry them out for two or three days. Then take 3 ounces red chillies, 3 ounces rice, one ounce mustard, 2 tolas methi, 3 ounces jeera and the coriander and roast them each separately. Slice one pound onions, one ounce garlic, 2 ounces ginger and scrape half a cocoanut and dry these well. Then add to these 4 ounces termeric and salt, and powder all the ingredients together, and bottle for use.

Curry Powder N^o. 2.

N^o. 34.—Clean and husk separately one pound coriander, 8 ounces termeric, 5 ounces jeera, 2 ounces poppy seed, 3 ounces methi seed, 2 ounces dry ginger, 2 ounces mustard seed, 3 ounces dry chillies, 2 ounces pepper, 4 ounces roasted gram dhal, 4 ounces dry green-mango slices, 1 tola cloves, 2 tolas cardamon, 4 ounces Teil seed and salt to taste. Roast the ingredients all together or each separately and prepare the curry powder in the same way as recipe N^o. 33.

Pounded Mussala Curry.

N^o. 35.—*Ingredients* : Milk prepared from one cocoanut, 6 dry mango seeds, a few slices of green dried mango, 2 ounces dry prawns, and salt to taste.

Direction : Cut two onions, and fry in two table-spoons of oil. Add 2 table-spoons of N^o. 33 curry powder then the thin cocoanut milk, dry mango slices and the prawns and let it cook on slow fire. Lastly add the thick cocoanut milk, bring to the boil and serve.

Salt Fish Curry.

N^o. 36.—Wash half a pound of salt fish well (either seer fish, pomfrets, or salmon), cut it into pieces two inches in length. Steep it in water for half an hour or longer if very salty. Grind for curry stuff 8 red chillies, $\frac{1}{2}$ tea-spoon jeera, $\frac{1}{2}$ inch piece turmeric, 4 slices garlic, one table spoon of coriander, $\frac{1}{4}$ seer thick cocoanut milk and $\frac{1}{4}$ seer thin cocoanut milk; soak 3 ounces of

tamarind in the thin cocoanut milk. Brown a sliced onion either in fresh oil or ghee ; when that is sufficiently done, add half a tea-spoon of flour and the thin cocoanut milk and let that cook on a slow fire. When it comes to the boiling point add the salt fish and salt to taste and let the curry simmer for a few minutes. Lastly add the thick cocoanut milk. If on tasting it, you find the tamarind less, then add a little vinegar.

Bombay Duck Curry.

Nº. 37.—Clean 12 Bombay ducks and cut each into 3 pieces. The ground curry stuff must be composed of the same ingredients as in the recipe given for salt fish curry Nº. 36 and prepare the curry in the same way. Add 6 potatoes cut into slices with the skin and when nearly cooked add tamarind. Serve when ready.

Curry of Cockles. ("Thisra")

Nº. 38.—*Ingredients* : A dinner-plate full of cockles opened and well washed. 6 chillies, half a tea-spoon jeera, an inch piece of turmeric, 3 pieces of garlic, one table-spoon of coriander and half a cocoanut. Grind up the curry stuff and prepare the acid of two or three pods of tamarind pulp or 2 or 3 slices of green mangoes if in season. Then proceed to make the curry thus : Put the curry stuff in a sauce-pan with sufficient water for gravy. Add to it one sliced onion, a piece of green ginger, 3 green chillies, salt to taste and the acid and place the curry on the fire. When it boils up add the fish and let it cook on slow fire for about half an hour. Serve when ready.

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Oyster Curry.

Nº. 39.—Half a pound of Oysters, a few lady's finger or Gonsalee. Grind the same curry stuff as in curry of cockles Nº. 38 and prepare a little cocoanut milk. Instead of green mango slices use tamarind pulp, and prepare the curry in the same way. When half cooked add a few lady's fingers or Gonsalee cut into slices. Serve when cooked.

Dried Prawn Curry.

N^o. 40.—Clean 4 ounces of dried prawns. Grind 6 red chillies, half a tea-spoon jeera, 3 slices of garlic, 2 table-spoons of coriander, half a cocoanut, and piece of turmeric. Prepare separately milk from half a cocoanut. Place the curry stuff and prawns in a sauce pan with sufficient water for gravy. Add 12 bilimbis cut into slices and place the chatty on fire. When the curry boils up add the cocoanut milk, and a table-spoon of viniger. Let it cook on slow fire. Serve when ready.

Dhall Curry.

N^o. 41.—Clean and wash half a pound of Musoor or Toor dhall. Boil it in $\frac{3}{4}$ seer water with a sliced onion added to it. When cooked stir with a spoon. Grind 3 chillies, half a tea-spoon jeera, $\frac{1}{2}$ tea-spoon mustard seed, and a piece of turmeric. Prepare the milk of half a cocoanut and soak a few tamarind pods. Clean 12 slices of garlic, place in a chatty with 2 spoons of ghee and brown slightly, then brown the mussalla. Add the dhall, cocoanut milk, and salt, and let it cook on slow fire.

Turtle Curry.

N^o. 42.—Clean, wash and cut into bits about 2 pounds of the meat and place it in a chatty together with a table-spoon of salt and 2 table-spoons of vinigar and let it stand for a while till you get your other ingredients ready. Grind together 2 ounces red chillies, $\frac{1}{2}$ tea-spoon jeera, $\frac{1}{2}$ inch piece turmeric and 6 pepper corns. Then wash the meat again and mix it with the ground mussalla and add to it a piece of ginger cut into slices, 4 slices of garlic, 4 table-spoons of oil or ghee, salt, 4 cloves, a piece of cinnamon and 3 onions minced. Place the chatty on fire and let it simmer on till the gravy evaporates. Then add vinegar or tamarind and let it cook for a couple of minutes more. If you want more gravy add a little cocoanut milk.

Mutton Curry.

Nº. 43.—One pound of mutton cut in bits of one inch. Roast on a “tha” 02 table-spoons of coriander, $\frac{1}{2}$ tea-spoon jeera, $\frac{1}{2}$ tea-spoon mustard seed and $\frac{1}{4}$ tea-spoon methi seed. After you roast the above ingredients add to it 6 red chillies, 6 slices of garlic, one tablespoon roasted gram dhal, and a piece of turmeric and grind together into thin paste. Slice a piece of ginger and one onion and place in a chatty with the ground mussalla and 2 spoons of ghee. Brown the mussalla on slow fire, then add one seer of water and salt. Continue the simmering for half an hour, then add half a seer of any vegetables. When the vegetable is cooked add tamarind. Serve when ready.

English Table Curry.

Nº. 44.—Grind together, 2 table-spoons of Nº. 34 curry powder, 4 slices of garlic and a piece of roasted cocoanut. Prepare the milk from half a cocoanut. Brown slightly 3 sliced onions in 6 table-spoons of ghee then add the mussalla and let it brown a little. Pour in half a seer of meatsoup, and cook on slow fire until the ghee floats on top, then add a chicken cut into bits (or mutton) and cocoanut milk. Continue simmering till the meat is properly cooked. Lastly add a spoon of vinigar. Serve hot.

Madras Curry.

Nº. 45.—Roast on a “thoa” 2 table-spoons of coriander, one tea-spoon of jeera, half a tea-spoon of mustard seed and one table-spoon of kuskus; grind these with one table-spoon of roasted gram, 12 monkey nuts, a piece of turmeric, 6 slices of garlic, an inch piece of ginger, 6 pepper corns, 6 cloves, 2 red chillies and 4 ounces of cocoanut roasted. Brown 3 sliced onions in three table-spoons of ghee, then the curry stuff. Add one seer of soup and the milk of half a cocoanut, salt to taste, 12 curry Pak leaves, a chicken cut into bits (or one pound of meat) and a little sugar. Simmer on slow fire for about half an hour. Then add one table-

spoon of vinigar, or the juice of one sour lime or tamarind. Bring to the boil and serve.

Meat Curry.

Nº. 46.—Roast slightly and grind very smooth 2 table-spoons of coriander, half a tea-spoon jeera, quarter tea-spoon mustard seed, and quater tea spoon methi seed. Grind eight chillies, one table-spoon roasted gram dhal, six slices of garlic, one inch piece of turmeric and six black pepper corns. Cut up in inch pieces, one pound of beef or mutton and place in a chatty with two sliced onions, and a piece of ginger, salt to taste, one table-spoon ghee and the ground mussala. Place the chatty on the fire and brown all the ingredients slightly. Then add one seer of water and one pound vegetables cut into bits. Cover the chatty, let it simmer on slow fire. When cooked add a little tamarind. Boil again and serve.

Chicken Curry.

Nº. 47.—Clean, wash and cut into pieces one chicken (or fowl) and keep in a chatty with a table-spoon of salt. Grind together two table-spoons coriander, half a tea spoon jeera, one inch piece of turmeric, six red chillies, and about quarter of a cocoanut roasted. Put the ground curry stuff in a chatty together with the meat well washed and drained. Add to it two sliced onions, a piece of ginger, six slices of garlic, two table-spoons of oil or ghee and salt to taste, stir the whole together, cover the chatty and let it roast for a few minutes, then pour in half a seer of water, four cloves, a piece of cinnamon, and let it simmer on slow fire, then add the milk of half a cocoanut and two table-spoons of vinigar. Bring to the boiling point and serve.

Mushroom Curry.

Nº. 48.—Take a pound of mushrooms. They grow on hard soil. To test whether the mushrooms are good, put a rupee in the chatty when cooking. If the rupee remains clean after the mushrooms are cooked, you know they are good, but if the rupee turns black, you know they are bad and should not be eaten.

Clean, wash and steep in water your pound of mushrooms and add to it a table-spoon of vinegar and let it stand till you get your ingredients ready. Roast slightly one table-spoon of raw rice, half a tea-spoon of jeera, two red chillies and a piece of turmeric and grind them together. Prepare the milk from one cocoanut, thick and thin separately. Mix the ground mussala with the thin cocoanut milk and strain through a thin cloth. Warm two table-spoons of ghee and brown two sliced onions. Pour in the strained cocoanut milk and mussalla. When it begins to boil add salt to taste, a piece of ginger, four green chillies cut into slices, and the mushrooms. When the mushrooms are properly cooked add two table-spoons of vinegar and the thick cocoanut milk. Bring to the boiling point and serve.

Fish Moley.

Nº. 49.—Clean, wash and keep in a little salt one pound of good fish. The mussala ground is the same as in mushroom curry Nº. 48. Prepare the curry in the same way. When boiled add the fish, twelve slices of garlic and salt to taste. When the fish is cooked, add two table-spoons of vinegar and the thick cocoanut milk. Bring to the boiling point and serve.

Fish Moley Nº. 2.

Nº. 50.—Clean and wash one pound of fish. Place in a dish and sprinkle it with a little salt. Grind for mussala one table-spoon coriander, half a tea spoon jeera, a piece of turmeric, half a spoon raw rice roasted, two red chillies and half a cocoanut. Soak a little tamarind in half a seer of water and strain it in a chatty. Add to it one sliced onion, eight slices of garlic, four green chillies cut half way down, a piece of ginger and salt to taste, and place the chatty on the fire. When it boils up add to it the fish, one table-spoon of vinegar and if required the milk from half a cocoanut.

Prawn Moley.

Nº. 51.—Clean, wash and sprinkle with a little salt one pound of prawns. The mussala ground is the same as in mushroom curry

Nº. 48 and prepare the curry in the same way. A little tender vegetable may be added to this moley.

Radish Moley.

Nº. 52.—Clean a pound of radish and cut each into four bits. Place them in a chatty with a little salt and half a seer of water and keep it to boil on slow fire, till the water evaporate. Make the curry with the same mussala and in the same way as the recipe for mushroom curry Nº. 48 and add to it a few dried prawns.

Drum-stick Moley.

Nº. 53.—Clean one pound of drum-sticks and cut them up into three inch pieces and prepare the moley in the same way as Radish moley Nº. 52.

Lady's Finger Moley.

Nº. 54.—Wash and wipe dry one pound of tender lady's fingers, cut into halves or keep them whole as may be preferred. Place them in a dish and sprinkle them with a little water and salt and keep for half an hour. The mussala ground is the same as mushroom curry Nº. 48 and prepare the curry in the same way, but before putting the lady's fingers, add half a table-spoon of vinegar and then the lady's fingers and simmer on slow fire. A few fresh prawns or oysters may be added to this curry.

Sweet Vegetable Curry.

Nº. 55.—Clean and cut into bits of equal size, one pound of two three different kinds of vegetables. Place them in a chatty with a little salt and half a seer water and keep it to boil on slow fire till the water dries up. Make the curry with the same mussala and in the same way as the recipe for mushroom curry Nº. 48.

Green Curry.

Nº. 56.—Grind together quarter of a cocoanut, quarter tea-spoon jeera, half an inch piece of ginger, a sliced onion, four green chillies, a bunch of coriander leaves, salt to taste and half a tea-spoon of sugar. Mix it up with the juice of one sour lime and serve.

BUFFATH RECEPIES.

Mussala for Buffath.

Nº. 57.—Grind eight chillies, half a tea-spoon jeera and an inch piece of turmeric. Prepare the milk from one cocoanut about half a seer of thick and half a seer of thin milk. Warm two table-spoons of ghee and brown slightly two sliced onions, then fry the mussala on slow fire. Pour in the thin cocoanut milk twelve slices of garlic, one inch piece of ginger sliced, six green chillies cut half way down, salt to taste and a little tamarind. When the gravy is thick enough add two table-spoons of vinegar and the thick cocoanut milk. Prepare the different buffaths according to this recipe.

Oyster Baffath.

Nº. 58.—Clean and wash one pound of large oysters. Prepare the baffath according to recipe Nº. 57. When the gravy is ready throw in the Oysters and half a seer Gonsalee vegetables cut into bits. Serve when cooked.

Prawn Baffath.

Nº. 59.—Clean and shell one pound of prawns and sprinkle them with a little salt. Grind the shells and mix with the thin cocoanut milk and strain. Make curry with the same mussala and in the same way as recipe Nº. 57. Boil separately half a pound white pumpkin. When your gravy is ready throw in the prawns and the boiled pumpkin cut into slices. Lastly add the thick cocoanut milk and vinegar, and serve.

Baffath of Cockles. (Thisra).

Nº. 60.—A dinner plate of the fish, opened and well washed. Make the baffath with the same mussala and in the same way as Oyster baffath Nº. 58, but instead of Gonsalee use Lady's fingers.

Baffath of Crabs.

Nº. 61. Clean and wash two pounds crabs and cut each into two bits. Use also the water that comes out of these crabs. Prepare the baffath according to recipe Nº. 57. Throw in the crabs and serve when cooked.

Drum-stick Baffath.

Nº. 62.—Clean two pounds of drum-sticks and cut each into three or four pieces. Boil them in a little water to which salt has been added. Prepare the baffath according to recipe Nº. 57. Then add the drum sticks and few prawns cleaned and shelled. Serve when cooked.

Baffath of Lady's Fingers.

Nº. 63.—Clean and wipe one pound lady's fingers and cut each into two pieces. Sprinkle them with a little salt and water. Then prepare the baffath according to recipe Nº. 57. Throw in the lady's fingers. Simmer on till the vegetable is cooked and serve.

Mussala Cockles.

Nº. 64.—A dinner plate of the fish cleaned and well washed. Grind half a cocoanut, three red chillies, half a tea-spoon jeera and a piece of turmeric. Mix together in a chatty the flakes of half a cocoanut, one sliced onion, two table-spoons of oil, the cockles, the ground mussala and salt to taste. Place the chatty on fire and simmer on till the gravy turns thick.

Cockles with cocoanut Flakes.

Nº. 65.—A dinner plate full of the fish cleaned and well washed. Place them in a chatty and add to this, two green chillies cut into bits, salt to taste, one sliced onion and two table-spoons of oil. Mix all together and simmer on slow fire till the water dries up. Lastly add the flakes of half a cocoanut and remove the chatty from the fire.

Chillie Fry of Prawns.

Nº. 66.—Clean and shell one pound prawns and place them in a chatty. Add to it salt to taste, two table-spoons of oil, two sliced onions, two green chillies, cut into bits and a few dried mango slices cut into bits. Mix all together and cook on slow fire until the water dries up, and brown slightly.

Fish Called sea-frog prepared dry.

Nº. 67.—Clean and wash one pound of the fish and cut into pieces. Be careful to remove the black studd from the centre of the fish. Prepare the baffath according to recipe Nº. 57. Thrown in the fish and a fist full of dried bilimbi slices and omit the tamarind.

Skate Baffath.

Nº. 68.—Clean and wash two pounds of skate fish and sprinkle it with a little salt. Prepare the baffath according to recipe Nº. 57. When ready, wash and throw in the fish. Simmer on slow fire until the fish is cooked.

Stuffed Fish.

Nº. 69.—Take a pomfret, solmon or any other such like fish. Place the fish with the head uppermost, make a cut two and half or three inches on the right side above the fin. Insert your hand in the opening you have made, and remove the inside. Wash the fish renewing the water four times. Cut away the fins and clean the fish well. Sprinkle the fish with salt, and lay it in a plate for a few minutes. Grind in vinegar eight chillies, half a tea-spoon jeera, a piece of turmeric, a piece of green giner, six slices of garlic and a small sliced onion. Mix half a tea-spoon of sugar with the ground mussala. Stuff it in the fish and tie it up with a piece of thread or twine. Warm two table-spoons of oil in a frying pan. Fry the fish on moderate fire on one side and then on the other. When ready remove the thread and serve.

STEWES AND MADE DISHES.

Haricot Mutton Stew.

Nº. 70.—Divide two pounds of mutton into chops, sprinkle over it pepper and salt and fry it brown in a heaped table-spoon of ghee. Cut into even bits one and a half pound of vegetables such as carrots, nolecoles, turnip, onions and potatoes and fry the vegetable till slightly brown and place it in a chatty with the fried chops. Put half a seer of water in the frying-pan and let it boil. Add to this also the meat and vegetables and throw in salt to taste ; six cloves, two green chillies, a piece of cinnamon and a piece of ginger, and place the pan on the fire. When the stew is boiled stir in two tea-spoons of flour one table-spoon of vinegar, one table-spoon of sauce and a wine glass of wine. Colour it with a little burnt sugar. Cover and stew till cooked.

Irish Stew.

Nº. 71.—Cut two pounds of mutton into 8 chops and steep it in water for a few minutes. Remove the chops from the water, sprinkle over it some pepper and salt, place in a fry-pan with quarter seer of water. Cover the fry-pan and let it boil on slow fire. Take the fry-pan down from the fire and put the chops in a chatty and strain the gravy over it. Add two pounds of sliced onions and two cinnamon leaves, two green chillies, and a piece of ginger. Let this boil for a few minutes then add a pound of potatoes cut into slices. Simmer on slow fire. Lastly add four table-spoons of milk and serve.

Scotch Stew.

Nº. 72.—Cut and prepare the chops in the same way as Irish stew Nº. 71. Clean and cut into pieces two carrots, one nolecoles, two turnips, four onions, a piece of cabbage and a piece of cauliflower, about one and a half pound altogether. Mix the vegetables with the chops and place the chatty on the fire and let it boil ; then add the green chillies etc. as in Irish stew, two table-

spoons of barley (or rice) and let it simmer on slow fire. When the rice or barley is cooked, mix yokes of two eggs, a little flour and milk and add to the gravy and serve.

Fillets of Mutton in Wine.

Nº. 73.—Cut two pounds of mutton into chops, fry the same in ghee sprinkling over it some pepper and salt and place them in a chatty. Put half a seer of water in the frying-pan and when it boils add to the meat. Then throw in two cinnamon leaves, two red chillies, a little vegetable and colour it with a little burnt sugar. Simmer on slow fire till the meat is tender. Then remove the chops and keep them aside in a plate. Strain the gravy into another chatty and add to it one table-spoon of vinegar, a wine glass of wine and a table-spoon of flour mixed with a little water. Simmer the gravy on slow fire for a few minutes, then add the chops. Serve with some boiled vegetables.

Crumbs Chops.

Nº. 74.—Cut a pound of mutton into eight chops of equal size, beat each piece well with the meat chopper. Grind a bit of green ginger, two green chillies and a sliced onion, add to it a little salt, pepper powder, one table-spoon of vinegar, a little spoon full of sauce, two tea-spoons of flour and a raw egg. Mix this up together. Rub this over the meat first, then sprinkle bread crumbs well over each chop and fry it in ghee, and serve.

Gravy for Chops.

Nº. 75.—Take the bones that are left over from the chops and place them in a chatty with a sliced onion, a little vegetable, one chillie, a piece of ginger and a little ghee. Then add one table-spoon of flour, six cloves, a little tamarind and half a seer of water. Simmer on slow fire and colour it with burnt sugar if required and strain. Serve with chops or cutlets.

Mutton Cutlets.

Nº. 76.—Cut a pound of mutton into eight chops. Beat each cutlet with the meat chopper and form into shape. Take a little

salt, pepper powder, a minced onion, one table-spoon of sugar, one table-spoon salad oil, one tea-spoon of vinegar, a tea-spoon of flour. Mix this with an egg. Rub this over each cutlet first, then sprinkle with bread crumbs well over, and fry the cutlets in a heaped table-spoon of ghee. Serve with N^o. 75 gravy and some boiled vegetables.

Mutton Chops.

N^o. 77.—Take a piece of loin mutton and cut it up into six chops. Sprinkle it with some pepper powder, salt, and one table-spoon of oil. Mix well and keep in a covered plate for a few minutes. Warm some ghee in a frying pan, place the chops and cover the frying-pan. Let it cook for a little while, then remove the lid and fry the chops just on one side and then on the other. Remove the chops and put two spoons of water in the fry-pan, and bring to the boil, which serve as gravy. Chops should be fried just in time for breakfast or dinner. Get the meat for chops the previous day and hang it up and use the next day. Stale meat is good for digestion.

Beef Steak.

N^o. 78.—Cut two pounds of fat beefsteak into six slices. Sprinkle with a little pepper, salt, a table-spoon each of sauce and oil, half a tea-spoon each of mustard and chillie powder and mix well with the meat. Fry with ghee and serve with fried onions or tomatoes.

Liver Stew.

N^o. 79.—Take mutton or pork liver, steep it in boiling water, remove the outer skin, cut it up in thin slices. Sprinkle with pepper, salt, and chillie powder, and keep in a covered plate till needed. Warm two table spoons of ghee in a frying pan and brown slightly two sliced onions then the liver. Add to it two tea-spoons of flour, one table spoon vinegar, one of sauce and two spoons of water. Mix all together and simmer on slow fire for a few minutes and serve.

Stewed Liver. (Indian Mode.)

Nº. 80.—Clean and cut into slices one liver, as in recipe Nº. 79, sprinkle it with salt and keep in a covered plate till needed. Grind together half a tea-spoon jeera, an inch piece of turmeric, twelve pepper corns, six cloves, a piece of cinnamon, three slices of garlic, two chillies, a piece of green ginger and quarter tea-spoon mustard seed. Warm two table-spoons of ghee in a chatty and brown two sliced onions, then the curry stuff; when that is sufficiently done, add the liver, two spoons of vinegar, and four table-spoons of thick cocoanut milk, stir with a spoon and cook for about five minutes then serve.

Fried Liver.

Nº. 81.—Steep the liver in boiling water, remove the outer skin and cut it up into thin slices. Mix together two spoons of flour, a tea-spoon of pepper powder, half a tea-spoon chillie powder, salt, two onions minced very fine and the slices of liver. Warm two spoons of ghee and fry the liver slices first on one side, then on the other. After you fry all the slices in this way, put four spoons of water in the same frying pan, one spoon sauce, salt and pepper. Bring to the boiling point, and serve as gravy with the liver.

Sheep's Feet. (Indian Mode).

Nº. 82.—Clean twelve sheep's feet and place them in two seers cold water and boil it once. Drain the water and add again two seers of cold water, salt to taste, two onions, a piece of ginger and simmer on slow fire till they become very tender. Remove the chatty from the fire and separate the bones from the meat, cut the meat into pieces and strain the gravy. Grind into a paste half a tea-spoon of jeera, four chillies, one table spoon of coriander, an inch piece of turmeric, a tea-spoon of pepper corns and half a tea-spoon of mustard seeds. Warm two table-spoons of ghee and brown two sliced onions, then the mussala. Stir in the feet with the gravy, six cloves, a piece of sliced ginger, six slices of garlic, a little tamarind water; salt to taste and a tea-

spoon of sugar. Simmer on slow fire till the gravy dries up. Then add two spoons of vinegar. Boil the curry and serve. Add a little cocoanut milk if required.

Pork Feet.

Nº. 83.—Clean and cut up four feet and sprinkle with a little salt. Grind into a paste, six chillies, a tea-spoon of jeera, an inch piece of turmeric, half a tea-spoon mustard seed. Mix the ground stuff with the feet and add to it a piece of sliced ginger, twelve slices of garlic, six cloves, three onions, a piece of cinnamon, salt to taste and tamarind. Simmer on slow fire till they become very tender. Lastly add a table-spoon of vinegar and serve.

Sheep's Heart. (Stuffed).

Nº. 84.—Wash in warm water four sheep's hearts, sprinkle with salt and keep in a covered plate till needed. Slice two onions, four slices of bread cut into pieces, one sheep's brain also cut into bits, salt to taste, pepper and half a tea-spoon of pounded spice, and two green chillies cut into slices. Warm a table-spoon full of ghee and first brown slightly the onions, then the brain, and bread and lastly all the other ingredients. Stuff the hearts with the stuffing and tie with a piece of thread. Warm some ghee in a chatty and roast the hearts. Serve when cooked.

Fried Sheep's Tongue.

Nº. 85.—Boil four sheep's tongues till tender and cut each into two slices. Grind into paste an onion, a green chillie, a piece of ginger, salt, and pepper. Mix this with an egg and a spoon of flour. Rub this over the tongues first, then sprinkle bread crumbs well over and fry. Serve with vegetable and gravy.

Brain Cutlets.

Nº. 86.—Put two brains into a chatty with quarter seer cold water, a table-spoon of vinegar and a little salt and place on the fire till the water boils. Remove them from the fire and allow

them to cool. Cut each into four slices and spread them on a towel. Grind up one onion, an inch piece of ginger, one green chillie, salt and pepper. Mix this with an egg and one spoon of flour. Steep the slices in the mixture, then sprinkle bread crumbs well over each slice and fry them light brown. Serve with vegetable.

Sweet Bread Cutlets.

Nº. 87.—Put four sweet bread into a chatty with half a seer of water and place on the fire till the water boils. Remove them from the fire and allow them to cool. Cut each into two slices and spread them on a towel and prepare the cutlets in the same way as brain cutles Nº. 86.

Fried Kidneys.

Nº. 88.—Cut eight kidneys into slices and pierce each piece with small bambo stick and sprinkle with pepper, salt and a little oil and keep in a covered plate till needed. Warm some ghee in a frying pan and fry the kidneys light brown. When ready squeeze a little sour lime on each slice and serve with fried potatoes.

Salted Kidneys.

Nº. 89.—Cut eight kidneys into halves. Warm a table-spoon of ghee and brown slightly two sliced onions, then the kidneys. Add salt, pepper, a tea-spoon of flour, a piece of green ginger and four spoons of water. Mix together and simmer on slow fire till the gravy dries up. Serve with mashed potatoes.

Chillie Fry.

Nº. 90.—Take one pound of mutton or beef, cut in inch pieces. Warm a heaped desert-spoon of ghee and brown the meat, six sliced onions and six green chillies cut into slices. When properly cooked and the gravy dries up, add a tea-spoon of flour, four spoons of water, one spoon of sauce and the juice of one sour lime. Let it boil once then remove the frying-pan from the fire. If you allow it to cook too much the meat will get tough.

Mince.

Nº. 91.—*Ingredients* :—One pound beef (or mutton) minced, also an onion, pepper, salt, a tea-spoon of flour, a bit of ginger cut fine, and two green chillies. *Directions* :—Warm a dessert-spoon of ghee, brown the minced onion, then the flour and then minced meat, stir in the ginger and green chillies cut fine. Add salt and pepper to taste, a little tamarind pulp and two minced tomatoes. Stir and simmer for ten or fifteen minutes.

Beef or Mutton Kababs.

Nº. 92.—Mince a pound of mutton or beef, and season with pounded spice (four cloves, a piece of cinnamon and two red chillies) and two sliced onions, two green chillies, a bunch of coriander leaves minced fine, pepper and salt, mixing in a little gram flour. Mix all the ingredients together well and form into eight round balls and flatten them a little and fry with ghee on both sides.

Mince Clock. (Recommended for invalids.)

Nº. 93.—Mince fine one pound of mutton, place it in a chatty and keep on fire. When it is slightly cooked remove the chatty from the fire and let it cool. Place the mince on the table and break it up or cut with a knife. Warm a desert-spoon of ghee in a chatty, brown a minced onion, next a tea-spoon of flour, throw in the mince with salt and pepper and stew gently, till the meat gets tender. Take it out in a dish and serve with slices of hard boiled eggs. This mince is easily digested and is recommended for invalids.

Potato Cutlets or Chops.

Nº. 94.—*Ingredients* :—One pound of beef (or mutton) minced, one onion, a tea-spoon of flour, salt, pepper, pounded spice and one pound of potatoes and some ghee. Peel the potatoes before boiling them. Mash the boiled potatoes well, allowing no lumps to remain, and before the mince is enclosed in its paste, work it out smoothly with the "Bellen" (Rolling pin). *Directions* :—

Prepare your mince thus :—Warm a desert-spoon of ghee and brown the minced onion then stir in the meat and flour with pepper, salt and pounded spice. Let the mince cool. Divide the potato paste into eight balls and mould each ball into a small shallow cup, place some mince inside the hollow, and then cover with potato paste. Form into shape, rub egg and bread crumbs over each, and fry light brown in ghee.

To Roast a Leg of Mutton.

Nº. 95.—Take a leg of mutton, clean, and sprinkle it with salt. Warm some ghee, place the meat in the chatty, with a slow fire above and below. Occasionally turn it and baste it with its dripping. Sprinkle over the meat a little salt. For the gravy pour away the fat, put a few spoons of water in the chatty in which the meat has been roasted. Stir a minute or two, strain and pour into the dish, the meat is served on.

Roast Beef.

Nº. 96.—Roast Beef is prepared in the same way as Roast mutton Nº. 95.—Serve with mustard.

Roast Fowl.

Nº. 97.—Clean and wash a fowl and remove the inside gently. Put into a stew-pan, (large enough to hold the fowl), a desert-spoon of ghee, when the latter is quite hot lay in the fowl ; breast downwards ; allow one side to roast for ten minutes in a good fire above and below ; then turn the other side. When the fowl is quite browned, reduce the fire and let it roast gently, turning it at intervals from side to side and sprinkle with a little fine salt. When done serve with bacon and bread sauce.

Bread Sauce for Roast Fowl.

Nº. 98.—Steep a couple of slices of bread in warm water, drain and press away the water, and put the bread to boil with half a tea-cup of milk, half a tea-cup of water, one sliced onion, four

cloves, a piece of cinnamon, and six pepper corns and salt to taste. When the sauce boils up, take the chatty down from the fire, strain and stir in it a little butter.

Roast Turkey.

Nº. 99.—Clean a turkey and remove the inside gently. . Make a stuffing of two loaves of bread, one pound of fat (pork) cut fine and ground into paste. Add to it salt to taste, two raw eggs, one nutmeg, a tea-spoon of pepper powder, a bunch of parsley cut fine. Soak the bread in water. Squeeze, mash and mix with the other ingredients. Put this stuffing into the breast, after which close the opening by a skewer. Put into a chatty and roast. Serve with ham and bread sauce.

Roast Duck.

Nº. 100.—Clean and wash a duck and prepare the stuffing thus :—Mince one pound of onions, half a pound of boiled potatoes. Warm some ghee in a chatty and brown the onions first and then the potatoes. Add salt, pepper, herbs, nutmeg, and stir gently. Put this stuffing into the breast and roast. When done remove and serve.

Chicken Grill.

Nº. 101.—Clean and wash a chicken and cut it down the back and remove the breast-bone, after which close the opening by a skewer. Put it in a chatty, with quarter seer of water and salt and place the chatty on the fire. Allow it to cook for a little while. Remove the chicken and fry in ghee, light brown and serve. Also strain the soup and serve.

Duck. (Indian mode).

Nº. 102.—Clean and cut into bits one duck, sprinkle with salt and keep in a covered plate till needed. Grind into a paste an inch piece of turmeric, one tea-spoon jeera, and one desert-spoon of black pepper corns. Place in a chatty the meat, ground

mussala, three table-spoons of ghee, salt to taste and keep the chatty on the fire and simmer on slow fire till the gravy dies. Then add twelve slices of garlic, twelve cloves, six green chillies, an inch piece of cinnamon, twenty four onions (whole) and half a seer of water. When sufficiently cooked, add two table-spoons of vinegar and a tea-cup of wine. Simmer on for a few minutes longer and serve.

Poached Eggs.

Nº. 103.—Boil a seer of water and throw in a little salt. Break four eggs and put them into the boiling water, one at a time. Cover the lid; boil for three minutes and remove the chatty from the fire. Serve on slices of bread.

Fried Eggs.

Nº. 104.—Warm two spoons of ghee, break four eggs and fry them on slow fire. Sprinkle pepper and salt and serve.

Egg Omelet.

Nº. 105.—Take four eggs and beat the whites to a good froth. Add the yokes to the whites, beat both together to mix them well; add also a little pepper, salt, two minced onions and one minced green chillie and a little nutmeg powder, and mix the whole well together for a minute. Warm two desert-spoons of ghee in the frying pan, and pour in the batter, then let the fire have a moderate blaze and when the under part is brown and firm, fold the omelet (either on or off the fire) and hold the pan aslant to allow the warm ghee to run under the omelet for a minute.

Roast Pork.

Nº. 106.—Take four pounds of pork, remove the skin, sprinkle it with salt, and leave it in a pan for half an hour. Wash the meat, warm some fat or ghee and brown the meat first one side then on the other. Cover the chatty and place a few live coals on the lid and simmer on slow fire. When ready serve in a flat dish with green salad or vegetables.

Pork. (Portuguese mode).

Nº. 107.—Cut two pounds of pork in two inch pieces ; sprinkle it with a little fine salt and keep in a covered plate till required. Grind up an inch piece of turmeric, half a tea-spoon jeera, and one tea-spoon black pepper. Clean and cut into slices twelve slices of garlic, an inch piece of ginger, eight green chillies and twelve onions (whole), six cloves, a piece of cinnamon, a little tamarind pulp and a wine glass of country liquor. Wash the meat and mix it with all the above ingredients in a chatty. Add salt to taste and simmer on slow fire. When the meat gets tender add two spoons of vinegar and serve.

Porks Chops.

Nº. 108.—Cut two pounds of pork into six chops. Sprinkle with pepper and salt and fry light brown. Serve with salad.

Pork and Beef Mixed.

Nº. 109.—Cut four pounds of beef and one pound of pork into pieces and places in a chatty. Grind up an inch piece of turmeric, half a tea-spoon jeera and one tea-spoon pepper. Mix this with the meat, add salt to taste and place the chatty on the fire. Let it simmer on slow fire till the gravy thickens. Then add two sliced onions, an inch piece of ginger, two slices of garlic, eight red chillies, six cloves, a piece of cinnamon and half a seer of water. Simmer on till the meat is tender. Lastly add tamarind pulp and vinegar and serve.

Fillet of Pork.

Nº. 110.—Remove the skin and bones from four pounds of pork, cut it up into four pieces and sprinkle it with salt. Warm some fat in a chatty, wash and brown the meat. Then add eight chillies, a tea-spoon of turmeric powder, half a tea-spoon jeera powder, one tea-spoon pepper powder, four cloves and two pieces of cinnamon, salt to taste quarter seer of water and half a bottle of country liquor. Simmer on slow fire till the meat is tender. Then throw in eight boiled potatoes and three tea-spoons of vinegar. Serve when ready.

Pork Buffath.

Nº. 111.—Take two pounds of pork cut in pieces, sprinkle it with salt and keep in a covered plate till required. Grind for curry stuff eight chillies, a tea-spoon of jeera, twelve pepper corns, an inch piece of turmeric and two tea-spoons of mustard seed, and prepare twelve slices of garlic, ginger, two onions cut into slices, six cloves and salt to taste. Wash the meat, mix all the ingredients together and simmer on slow fire till the meat is tender. Then add vinegar and serve.

Hash of Pork.

Nº. 112.—Boil gently four pounds of pork in about three tea-cups of water and a little salt. Remove the meat from the chatty as soon as it is done and cut it up into inch pieces, mix this with half a pound of cooked pig's blood and keep in a covered plate till required. Grind into paste ten chillies, an inch piece of turmeric, twelve pepper corns, and a tea-spoon of jeera. Cut into slices two onions, an ounce of ginger, twelve slices of garlic and some tamarind pulp. Mix the meat with all the other ingredients and the meat soup and simmer on slow fire. If you wish to keep the pork for several days, add a tea-cup of country liquor. Lastly add vinegar.

Pork Tripe.

Nº. 113.—Clean and wash four pounds of pork, tripe and put it to boil in sufficient water and a little salt. When sufficiently done, drain the water, and put it to boil again in about a seer of water. When ready drain the water out and cut the tripe into inch pieces. Grind for curry twelve chillies, a tea-spoon jeera, an inch piece of turmeric, a tea-spoon of mustard seed and twelve pepper corns. Cut into slices two onions, two inch pieces of ginger twenty slices of garlic. Two ounces of tamarind pulp and twelve cloves. Mix together the tripe and all the above ingredients and simmer on slow fire for about half an hour. Lastly add vinegar and some country liquor and serve.

Buffath of Pork Bones.

Nº. 114.—Wash and sprinkle with salt eight pounds of bones and meat mixed. Grind together twenty-four chillies, a tea-spoon of jeera, a tea-spoon of pepper corns, a tea-spoon of mustard seed and two pieces of turmeric. Cut into slices four onions, about thirty slices of garlic, an ounce of ginger, twelve cloves, two pieces of cinnamon and eight ounces of tamarind pulp. Put the bones and all the above ingredients in a chatty and stir the mixture on a moderate fire till it thickens. Add half a bottle of mild liquer and four spoons of vinegar to give it a pleasant taste.

Roast Sucking Pig.

Nº. 115.—The animal is killed by piercing the heart through and incision in the throat, boiling water is then thrown over it and the bristles scraped off. The stomach is slit down and the inside removed, the cavity is well washed with cold water and every sign of blood removed. When thoroughly clean, sprinkle it with salt and keep aside for half an hour. Then wash and wipe dry. Warm some ghee in a large chatty and roast the sucking pig in a nice light brown on slow fire.

Stuffing for Sucking Pig.

Nº. 116.—Clean the sucking pig as shown in recipe Nº. 115, sprinkle with salt and keep in a covered dish till required. Boil the tripe and heart and liver separately and mince all three very fine. Prepare one third of the Mussala shown for tripe curry Nº. 113 and prepare it according to directions given for the same. After the stuffing is put in, the slit is stiched up and roast it as shown in recipe Nº. 115.

Corned Beef.

Nº. 117.—*Materials* :—Eight pounds of hump or brisket. (If brisket remove all the bones, carefully cut away all the little blots of blood you will find in it, which if left, cause the beef to taint), twelve ounces salt, one heaped tea-spoon of salt petre, the same amount of "Parpud khar" (a kind of soda) a wine glass

of vinegar, two desert-poons of jaggaree and two fresh sour limes.

Directions :—Place the jaggaree on the “thowa” to burn and when it begins to melt, stir in two tea-spoons of water and allow the syrup to darken. Remove the “thowa” from the fire and stir in the saltpetre, when the latter is melted add the “Parpud khar”, squeeze the juice of the sour limes in a large “thalée”, mix with the juice three ounces of the salt, and throw in the skins of the limes. Rub the beef first with four ounces of common salt, prick it well with a fork in every part and rub in gradually the mixture made of lime juice and salt. Prick the meat again, and rub into it the burnt syrups, adding first to it the wineglass of vinegar. While rubbing in the syrup, rub the surface of the beef with the lime skins. Place the meat in a large fry-pan, puring over it all the brine and syrup that has dripped from it put the lime peel on top and a “thalee” with a heavy weight over. Four hours after rub the meat again with the remaining five ounces of salt. Keep on turning and rubbing it every six hours. If the weather is hot boil it the second day. If kept for three days it turns like ham.

Prawn Balchow.

Nº. 118.—One pound of dried prawns, to be shelled, then warmed or slightly roasted on a „thoa”. Grind fine eight chillies, half a tea-spoon jeera, and an inch piece of turmeric. Cut into slices twenty four slices of garlic, two inch piece of ginger, and twelve green chillies. Warm half a bottle of sweet oil and brown slightly the garlic, ginger and chillies. Add four ounces of tamarind pulp, eight ounces of “bilimbi” cut into slices, the juice of twelve sour limes and salt to taste. Boil the mixture gently for about fifteen minutes. Lastly add the prawns, simmer for a couple of minutes more. Bottle when cool.

Puff Paste.

Nº. 119.—Knead one pound of flour with water and salt into dough, till it feels soft and when pressed with the finger rises again. Chop one pound of suet, remove all skin and grind into a smooth paste, form it into a ball and place it in cold water. Move

the suet about in the water to clean it. Remove it and press it with your hands to dry it. Roll the suet out on a board with the bellen, cut it in bits, and pick out every thread. Roll it again and again till it gets like soft paste. Make the suet into two cakes, a little smaller than the cakes of flour. Roll the flour dough into a sheet, cut the latter in three inch squares, place one piece over, another and roll out again. Do this twice before you add the suet and twice after. Make the paste into three cakes each a little larger than a fruit plate : Place first the paste then a cake of suet and so on. A cake of paste must come on top. Roll the paste into a sheet, cut the sheet into squares, place one on top of another, and roll out again to the size required for the pie, using dry flour.

Mixed Pie.

Nº. 120.—Wash, clean and cut into pieces one pound mutton, one pound beef, one duck, one fowl, twelve sausages, one tin oxford sausages, two pounds pork, two pounds tomatoes peeled. Also a pint of wine. Grind into a smooth paste, two chillies, an inch piece of turmeric, half a tea-spoon jeera, and mix this up with the mutton and beef. Cut into slices four onions and throw in with the meat with salt to taste. Tie into a bundle with a clean piece of white cloth, six cloves, a piece of cinnamon, a piece of ginger, six slices of garlic and put in the chatty with all the other meat, also the tomatoes cut into slices. Throw in all the other ingredients. Do not cut the sausage but wash them well. Simmer the whole mixture on moderate fire till the meat becomes tender. Pour the mixture in a dish, prepare the puff paste according to recipe Nº. 119 and bake in an oven.

Tamarind Fish.

Nº. 121.—Wash well ten pounds of salt fish, sliced, in water to which a little salt has been added or in vinegar, and dry them well. Grind with country liquor one pound chillies, four ounces coriander, two ounces turmeric, and one ounce jeera. Cut into slices four ounces garlic, six ounces ginger, and salt to taste. Soak one pound of tamarind in one bottle of country liquor and

strain the pulp through coarse net. Mix together three bottles of vinegar, the tamarind pulp, fish, mussala and all the other ingredients well and fill the mixture in a jar.

Cooked Tamarind Fish.

Nº. 122.—Soak two pounds of salt fish slices in cold water for a few hours and fry them in oil. Grind two ounces chillies, one tea-spoon jeera, and a piece of turmeric in vinegar. Mix with it one bottle of vinegar, four ounces sliced ginger, and two ounces garlic, also sliced, and fry the mixture in oil. When it boils, throw in a tea-spoon of sugar and the fried salt fish. Let it boil again and then remove the chatty from the fire. Bottle when cool.

Pork Sausages.

Nº. 123.—*Ingredients* :—Five pounds pork, fat and lean, without skin or bristle ; six ounces salt. Three ounces chillies, one tea-spoon jeera, a piece of turmeric and a tea-spoon mustard to be ground fine in vinegar. Four ounces ginger, four ounces garlic to be cut into slices. A tea-spoon sugar, a tea-spoon pounded spice, a wine glass of country liquor and some vinegar. *Method*. Cut the meat into inch pieces and rub it well with the salt and lay it in a large "thalee", placing a board with a heavy stone over it to allow it to absorb the salt well. Keep it thus for twenty four hours, turning it at intervals for 6 hours. Put the meat in a clean towel and drain all the water out. Mix the meat, mussala and all the other ingredients together with as much vinegar as required. Fill into cowgut, well cleaned and dried.

Cocoanut Rice.

Nº. 124.—*Ingredients* :—One pound of fine rice, one cocoanut, four spoons of ghee, twelve cloves, a piece of cinnamon, a little turmeric for colouring, and salt.

Directions. Scrape the cocoanut and prepare the milk. There should be sufficient liquid to be three or four fingers above the rice. Colour the cocoanut milk with a little turmeric. Warm the ghee and brown the sliced onions, throw in the rice and brown

slightly. Pour in the cocoanut milk and add the cloves etc. Have a good fire at first, but reduce it when the rice is nearly cooked. Take care that the rice does not burn. Let the fire be slow and stir the rice in the centre occasionally. Serve with plantains cut into slices or with hard boiled eggs.

Chicken Pullaw.

Nº. 125.—*Ingredients* :—A fine fat fowl, one pound of table rice, about two table spoons of best ghee, one heaped table-spoon of plums, sixteen or eighteen almonds, blanched and cut into slices, three or four onions sliced, six cloves, four inches of cinamon, half a dozen cardamons, four or five hard boiled eggs.

Directions :—Put the fowl to boil in sufficient water with three or four small onions till it is tender. Fry first the plums in ghee and keep them aside, then the almonds, remove the latter and fry the onions. Keep each separately. When the fowl is boiled brown it also and keep it aside. Next fry the rice in ghee and add to it the broth, which must be two and a half fingers above the rice. While the rice is boiling add a heaped tea-spoon of salt and the spice, stir it occasionally to prevent it burning and allow it to simmer till the grains are perfectly cooked. Serve in a flat dish. Place a layer of the rice and then the fowl. Cover with rice. Cut the hard boiled eggs in halves and arrange them over the rice, strew over the whole, the fried onions almonds and plums.

Mutton Pullaw. (Biriani).

Nº. 126.—Clean and wash a pound of fine rice. Cut one pound of mutton into pieces and mix it up with the following mussala ground fine : One ounce garlic, six green chillies, two sliced onions, a fist full of coriander, six slices of garlic, half a tea-spoon jeera, an inch piece of turmeric, and salt to taste. Rub the Mussala well into the meat. Warm some ghee and brown the mixture well. When the gravy dries up remove the chatty from the fire, warm two ounces ghee in another chatty and brown two onions, throw in the rice when slightly brown, mix it up with the meat.

Throw in twelve cloves, an inch piece of cinnamon, six cardamons, and a seer of boiling water. Cover the chatty and cook the rice on slow fire.

Zarda, Sweet Pullaw.

Nº. 127.—Clean and wash one pound fine rice. Boil one pound of sugar in one seer of water and strain through a coarse cloth. Warm four ounces of ghee in a chatty and brown the rice slightly. Then pour in the sugar water, half a tea-spoon saffron powder, salt, twelve cloves, six cardamon and one piece of cinnamon. Simmer on slow fire till the rice is cooked.

Chicken Patties.

Nº. 128.—Clean, wash and cut into pieces one chicken. Warm some ghee in a chatty and brown slightly the chicken pieces. Remove the chatty from the fire and separate the bones from the meat. Place the bones in a chatty with a tea-cup of water, one onion, a piece of ginger, one chillie, spice and salt to taste. Cook the bones on slow fire. Strain the soup about a cupful and mix with it a little roasted flour. Mince the meat and add it to the soup. Simmer on slow fire till the gravy dries up. Prepare the puff paste according to recipe Nº. 118. Make the patties into shape and fry or bake.

Onion Salad Nº. 1.

Nº. 129.—Clean one pound of onions and cut them up into round slices. Wash in clean water and arrange them in a salad bowl. Sprinkle on top some salt, pepper and a couple of green chillies cut fine. Pour some vinegar and serve.

Onion Salad Nº. 2.

Nº. 130.—Clean and cut up one pound onions. Wash them in clean water, put them on a clean cloth and dry the water and place them in a dish. Sprinkle over it a bunch of coriander leaves and three green chillies cut fine, a pinch of sugar, pepper, the juice of two sour limes and one spoon of salad oil. Do not add salt.

Cucumber Salad.

Nº. 131.—Peel the cucumber, and cut it into thin slices. Wash and arrange them in a dish. Sprinkle pepper over it and a little oil and sugar. Add sufficient vinegar to flavour and moisten the whole. Do not add salt.

Vegetable Salad.

Nº. 132.—Boil a pound of mixed vegetables and cut them up in slices. Place in a dish and sprinkle with pepper and salt and some vinegar. Prepare Nº. 148 Mayonnaise Sauce and pour it over the salad and serve.

Tomato Salad.

Nº. 133.—Peel and cut into slices one pound tomatoes and arrange them in a dish. Mix in a cup one spoon vinegar, half a tea-spoon each of sugar, salt and chillie powder and one spoon of salad oil. Mix well and pour the mixture over the salad and serve.

Lettuce Salad.

Nº. 134.—Dip the lettuce before you divide the leaves in water, which shake off ; wipe the leaves and cut them in pieces ; do not mix the sauce with the salad till ten or fifteen minutes before the salad is wanted. To make the sauce mix in a cup one spoon of vinegar, one spoon oil, salt, pepper, a pinch of mustard powder and half a tea-spoon sugar. Pour the sauce over and stir them well together with a fork.

Beet-root Salad.

Nº. 135.—Cut the boiled beet-root in slices and lay them in a deep plate ; add a sprinkling of sugar and salt and as much vinegar as will moisten the whole.

Sandwiches.

Nº. 136.—Cut the bread into thin slices and trim the ends. Spread each slice with butter mixed with pepper, salt and a little mustard powder. Put a slice of meat or ham between two slices of bread and cut into shape.

Pumpkin Foogath.

Nº. 137.—Cut the vegetable in small pieces and put it to boil with sliced green ginger, garlic, green chillies and onions sliced, scraped cocoanut and salt. Fry sliced onions in ghee or oil, then add the boiled vegetable. Simmer for a few minutes.

Spinach Foogath.

Nº. 138.—Clean and wash the spinach, cut it up fine and place in a chatty with two sliced onions and two spoons of ghee. Keep the chatty on the fire and brown the onions etc. slightly. Add half a tea-spoon salt and two green chillies cut into bits. When the gravy dries up add a little scraped cocoanut (if liked) and serve.

Boiled Lady's Fingers.

Nº. 139.—Clean and wipe dry, twelve bendas or Lady's fingers, cut off the tops and sprinkle with salt and a little water and let it stand for half an hour. Boil half a seer of water, throw in the bendas and add a tea-spoon of lime juice or vinegar. Boil for a few minutes drain the water and serve.

Potatoe Wafers.

Nº. 140.—After removing the skin cut the potatoes in thin slices. Warm some ghee or oil and fry them light brown. Sprinkle with salt and chillie powder and serve.

Boiled Raddish.

Nº. 141.—Clean and wash well one pound raddish and cut each half way down the centre. Put them to boil in a seer of water. Add salt. Drain the water, sprinkle with pepper powder and serve.

Raddish Foogath.

Nº. 142.—Clean a pound of raddish and slice them fine with their young leaves. Warm a spoon of oil in a chatty and brown slightly two sliced onions. Throw in the raddish two sliced chillies, salt to taste and a little water and some scraped cocoanut (if liked) cover the chatty and simmer on slow fire till the gravy dries up.

Methe Bajee Foogath.

Nº. 143.—Steep half a pound of the bajee in cold water. Warm two spoons of oil and brown slightly two sliced onions. Drain the bajee well, put it in the chatty and fry it, throwing in a little salt, two sliced chillies and a little scraped cocoanut (if desired). Simmer on slow fire till the gravy dries up.

Tendlim Foogath.

Nº. 144.—Boil a pound of the vegetable and cut each lengthwise into four slices. Warm two spoons of oil and brown two sliced onions. Throw in the vegetable, salt and two sliced chillies and a little scraped cocoanut. Simmer on slow fire till the bravy dries up.

Kurilla Foogath.

Nº. 145.—Take six big size kurillas. Make a slit on each and remove all the seeds from inside, sprinkle with salt, place on a shallow utensil and keep a weight on it. Grind three chillies quarter tea-spoon jeera, and four slices of garlic. Mix the mus-sala with two sliced onions. Stuff the kurillas. Warm some oil in a frying pan, place the kurillas, over it a "thalee" with a weight on it. Fry on one side first than on the other.

Brinjals Fried.

Nº. 146.—Peel four Brinjals and cut them into slices, about half an inch thick, sprinkle with a little salt and keep a weight on it. Drain the vegetable, sprinkle flour over each slice and fry them in oil.

Mayonnaise Fish.

Nº. 147.—Cut two pounds of big fish into eight slices and sprinkle it with a little salt. Slice one onion, one green chillie, and a piece of ginger, and place in a chatty, also salt to taste, two spoons vinegar and one spoon oil. Throw in the fish and mix with the above ingredients. Simmer on slow fire until the fish is cooked.

When cool take it out in a dish with salad in the centre and pour over the whole Nº. 148 Mayonnaise Sauce.

Mayonnaise Sauce.

Nº. 148.—Hard boil one egg ; remove the yoke, put it in a cup and break it up with a spoon. Mix with it half a raw yoke, one tea-spoon vinegar, a pinch of chillie powder, half a tea-spoon mustard powder and half a tea-spoon sugar. Mix the whole well together then add to it four little spoons of salad oil and one tea-spoon vinegar.

Chandfride Fish.

Nº. 149.—Cut two pounds of fish into eight pieces and prepare it according to recipe Nº. 147. "Mayonnaise Fish". When ready remove the fish from the chatty, place in a dish and put it in the ice-box. Strain the gravy put it in a sauce-pan and bring it to the boiling point. Mix separately yokes of two eggs, two tea-spoons of flour, one spoon vinegar and mix it up with the gravy and boil again. Soak half an ounce jelletin mix with the gravy, cover the lid and remove the sauce-pan from the fire. When cool, mix it up with four spoons of milk cream, strain and pour it over the fish, serve with salad.

Fish Croquette.

Nº. 150.—Fish Croquette can be made of prawns, oysters or any other fish. Clean and shell one pound of prawns and place them in a sauce-pan. Throw in one sliced onion, two green chillies, salt to taste, a piece of ginger, and two spoons of water. Place the sauce-pan on the fire and bring to boil on slow fire. Remove the prawns, strain the gravy into another chatty and mince the prawns fine. Mix two spoons of flour with the gravy and place the chatty on the fire. When the gravy gets thick, add to it the minced prawns and remove the chatty from the fire. Beat up one raw egg and mix with it one spoon flour. Make the prawn mince into cork or oval shapes. Cover them with egg and bread crumbs, and fry until nicely browned, in hot oil.

Water Souchet.

Nº. 151.—Clean, wash and sprinkle with a little salt one pomfret Place in a sauce-pan one seer of water, one sliced onion, two

chillies, a piece of ginger, salt, and one spoon vinegar and boil it once. Throw in the fish, boil again and turn the fish over, cover the lid and remove the chatty from the fire. Remove the fish from the gravy and place it in a dish. Mix in a sauce-pan four spoons of the gravy, four spoons of vinegar, four sliced chillies, a piece of green ginger, twelve pepper corns and salt to taste. Place the sauce pan on the fire and let it boil once. Pour over the fish. Serve when cool.

Mullet Grey.

Nº. 152.—Clean, wash and sprinkle with salt one large mullet, about two or three pounds in weight. Place in a large sauce-pan (big enough to hold the fish) two sliced onions, two chillies and a piece of ginger sliced, two cinnamon leaves, four spoons of oil, one spoon vinegar and twelve small tomatoes peeled. Place the sauce-pan on the fire and boil the mixture gently. Then add to it half a cup of water and the fish, cover the lid and let it simmer on slow fire. When sufficiently done turn the fish over on the other side. Add to the gravy one spoon flour, one wine-glass of wine. Take the fish out in a flat dish, pour the gravy over it and surround it with the tomatoes.

Pomfret with Tomatoes.

Nº. 153.—Clean, wash and sprinkle with a little salt a large pomfret and keep in a dish till required. Cut fine, and place in a sauce-pan four onions, half a pound of tomatoes, three green chillies, a piece of green ginger, six slices of garlic, two spoons of vinegar, salt to taste, four spoons of salad oil, half a pound prawns (shelled) two cinnamon leaves, and half a tea-spoon sugar. Place the sauce-pan on the fire and when the mixture boils up, throw in the pomfret gently and cover the lid. When sufficiently done, remove the pomfret into a dish. Add half a spoon of flour to the gravy, stir gently and pour the gravy over the fish and serve.

Whitebait.

Nº. 154.—Clean, wash and sprinkle the fish with salt, Warm four spoons of oil and brown two sliced onions. Add half a spoon

flour, one tea-spoon of water, salt to taste, a piece of sliced ginger, two cinnamon leaves, quarter tea-spoon turmeric powder, half a tea-spoon jeera powder and two spoons of vinegar. Let the mixture boil up for about five minutes, then strain into another chatty and add to it eight green chillies and the whitebait and place the chatty on the fire and let it simmer till the fish is sufficiently cooked. Remove the fish in a dish and add to the gravy one wineglass of wine, twelve whole lady's fingers and bring to the boiling point. Pour the gravy over the fish and surround it with the lady's fingers.

Sole "An Gratin".

Nº. 155.—Take about four sole-fish, skin both sides, cut off the head and fins, and sprinkle with salt. Clean twelve small onions, prick them with the fork and boil them in half a seer of water. Grind into a paste half an inch piece of turmeric, half a tea-spoon jeera. Put the ground stuff in a chatty with four spoons of oil, two spoons of vinegar, eight green chillies, eight pieces of snake-gourd, and bring it to boil. Then throw in the solefish and let it simmer till the fish is sufficiently cooked. Remove the fish in a dish. Add some flour to the gravy and one wineglass of wine. Stir gently and pour the gravy over the fish and surround it with the vegetable.

Fried Fish.

Nº. 156.—Clean, wash and sprinkle the fish with salt. Wash the salt off after a few minutes and dry well. Mix a little flour with a beaten egg. Dip the fish in the mixture and cover with fine bread crumbs, and fry in hot oil until it acquires a pale golden brown colour. Fish may also be fried by just covering it with flour or plain.

Mango Water-Pickle.

Nº. 157.—Take ten pounds of tender green mangoes. Place them in a large earthen basin, sprinkle with two pounds of salt, cover with a thalee and keep a weight on it. Let them stand for eight days turning the mangoes everyday. Wash them in the

brine, put the mangoes in a jar, after which throw the brine away. Put about a pound of red chillies in the jar and mix them up with the mangoes. Mix two pounds of kitchen salt in sufficient water to cover the mangoes. Strain the salt water and pour over the mangoes. Place a couple of small clean stones in the jar, so that the mangoes will not float.

Mango Oil Pickle.

Nº. 158.—Cut ten pounds of green mangoes each into four or eight pieces, sprinkle them with one pound salt and let them stand with a weight on it for eight days turning them everyday. Wash them in the brine and throw the brine away. Pound finely two ounces of chillies, four ounces mustard, six ounces metti and cut into slices two ounces garlic, four ounces ginger. Mix all the above ingredients with two bottles of sweet oil, half a bottle mustard oil and one bottle vinegar. Mix well together and lastly flavour with a little hing or assafoetida. Fill into a jar. The oil must entirely cover the mangoes.

Green Chillies in vinegar.

Nº. 159.—Fill into a jar one pound green chillies and cover them with vinegar and cork securely. Add a little more vinegar the next day if required. After eight days pour the vinegar out and fill the jar with fresh vinegar and cork.

Mango Chutney.

Nº. 160.—Prepare, stone and cut into small pieces four pounds mangoes and place in a chatty with one pound plums, six ounces finely cut ginger, two ounces garlic, eight ounces onions ground, two ounces chillie powder, one ounce mustard powder, two pounds sugar, and two bottles of vinegar. Mix well and simmer on slow fire for half an hour and keep aside. Next day boil the chutney for ten minutes longer. Bottle when cool.

Lime Pickle Nº. 1.

Nº. 161.—Take five pounds of sour limes and scrape the skin with a nut-meg scraper. Sprinkle with salt and let them stand

for half an hour. Remove the salt, place in a sauce-pan and boil them adding one bottle of vinegar, cover the lid and keep aside till required. Take eight ounces methi powder, eight ounces mustard powder, two ounces chillie powder, and mix all the pounded stuff with one bottle of sweet oil and half a bottle mustard oil. Mix this with the limes and put in bottles. The pickle will be ready for use after a month.

Lime Pickle N^o. 2.

N^o. 162.—Take five pounds of limes, scrape each on a nutmeg scraper and cut into four pieces. Place in a chatty with four ounces salt and eight ounces sliced ginger and let it boil. Removed the chatty from the fire and keep it aside till the next day. Next day remove the limes and simmer the gravy on slow fire till the gravy is reduced to half the quantity. Then throw in the lime pieces, and remove the chatty from the fire. Bottle when cool.

Rice Pudding N^o. 1.

N^o. 163.—Wash a wine-glass full of rice. Boil it in one and a half tea-cup of milk and one tea-cup of water. When it boils once throw in a piece of lime-peel and simmer of slow fire till the mixture thickens. Then add to it two ounces butter, three eggs, two spoons sugar, and mix all well together pour the batter into a buttered mould and bake in an oven.

Rice Pudding N^o. 2.

N^o. 164.—Boil a wineglass full of rice in one and a half tea-cups of cocoanut milk with an inch piece of cinnamon, till the mixture thickens. Beat up the whites of three eggs, then the yokes, four ounces plums (cut into halves) four spoons sugar, two ounces butter and two spoons Rose-water. Mix the latter well with the boiled rice and pour it into a mould and bake.

Rice Pudding N^o. 3.

N^o. 165.—Boil the same quantity of rice and in the same way as Recipe N^o. 163. When ready add to it four ounces almonds, (blanched and cut fine) eight ounces plums, four ounces butter,

four spoons sugar, four spoons rose-water, and four eggs. Mix well, pour the batter into a buttered mould and bake.

Bread Pudding.

Nº. 166.—One tea-cup of boiling milk, half a pound of bread (the crust removed) four ounces butter, four spoons of sugar, four ounces plums (cut into halves) four eggs and Essence flour.

Directions : Cut the bread in small pieces and pour over it the boiling milk. Beat the eggs to a froth with the sugar, mix the whole well, grease your bowl with butter. Pour the batter in the bowl and bake.

Slice Pudding.

Nº. 167.—Remove the crust and cut into four thick slices a half pound loaf of bread and cut the slices into halves. Slice four ounces almonds and four ounces plums and strew them on the slices and place them one on top of the other and press them down. Mix a quarter seer of milk with two eggs and dip the slices in the mixture and sprinkle a little grated nutmeg on top and fry them light brown in good ghee and place them in a soup plate. Boil eight ounces sugar with a tea-cup of rosewater, pour over the slices and serve.

Fried Plantain Pudding.

Nº. 168.—Remove the skin and cut four plantains into halves. Beat up an egg and flavour it with half a nutmeg grated. Dip the plantains into the batter, dust each slice with flour and fry in ghee, light brown.

Plantain Fritters.

Nº. 169.—Mash up four ripe plantains, stir in half a grated nutmeg, one ounce sugar, two ounces flour, two eggs just broken (not beaten). Warm two table spoons of ghee in a frying-pan, pour in a kitchen spoon of batter for each fritter, and when they are browned on one side, turn and fry the other.

Jam Puffs.

Nº. 170.—Make a puff paste with suet according to recipe Nº. 118. Cut into four-inch squares spread jam all over, leaving a space of three-quarters of an inch all round, double, press the edges, spread beaten egg on top and bake.

Fruit Tart.

Nº. 171.—Mix one pound of fruit, peeled and cut into pieces, with four ounces of sugar and place in a dish. Take two ounces finely powdered sugar, yoke of an egg, a little salt, two ounces ghee, one table-spoon milk, one spoon corn-flour, and as much flour as is needed to make the mixture thick and make it into dough. Knead this well into a soft dough. Spread the dough into a sheet and cut it into strips and spread them on the dish evenly and bake. Serve with Nº. 180. custard or whipped cream.

Jam Tartlets.

Nº. 172.—Prepare half a pound Puff paste Nº. 118. Line six pattie-pans half an inch thick, trim the edges, and place round them twisted ribbon made of the paste. Place in the centre of each a tea-spoon of jam and twisted bars of paste across. Bake till slightly brown.

Corn Flour Blancmange.

Nº. 173.—Boil a tea-cup of milk with an orange peel and two ounces of sugar. Remove the orange peel, mix a table spoon of corn flour in a little water and add to the boiling milk and stir gently. Keep on stirring till the mixture thickens. Wet a mould with a table-spoon of cold milk and pour in the blancmange.

Cocoanut Pudding.

Nº. 174.—Mix together into a batter, eight ounce cocoanut (scraped and ground fine) four ounces bread (the crust removed) two ounces butter, a tea-spoon of pounded cinnamon, four ounces sugar, a small pinch of salt and four well beaten eggs. Pour mixture into a buttered mould and bake.

Vermicelli Pudding.

Nº. 175.—Boil a tea-cup of milk and add to it three ounces Vermicelli stir this on slow fire till it thickens; when cold add four eggs well beaten, two ounces butter, four ounces sugar, four ounces plums, and four spoons rose water. Bake the pudding in a buttered dish.

Potatoe Pudding.

Nº. 176.—*Ingredients*.—Eight ounces potatoes, quarter seer milk, four ounces sugar, three ounces butter, four ounces plums, one wineglass Brandy, four spoons rose water, four eggs.

Directions.—Remove the skins from the potatoes, boil them well and mash them thoroughly; add the milk and boil once. After beating up separately, the whites and yokes of the eggs mix these and add to what is already done. Then pour in the brandy rose-water, butter, sugar, and plums. Pour the batter in a buttered bowl and bake.

Raisin Pudding.

Nº. 177.—*Ingredients*.—Eight ounces raisins (chopped), eight ounces bread crumbs, quarter of a pound of candied peel, six ounces minced suet, eight ounces sugar, one tea-spoon salt, one wine-glass brandy four spoons rose-water, four eggs. Mix all together. Butter a bowl and sprinkle it with two ounces of pounded sugar. Pour the mixture in, tie with a towel, and steam for four hours.

Orange Marmalade Pudding.

Nº. 178.—Take four ounces bread crumbs, four ounces marmalade, four ounces sugar, four ounces minced suet, three eggs, the juice of two limes, one wine glass brandy. Mix all together with a tea-spoon of salt. Place in a buttered bowl, tie with a towel and strain for three or four hours.

Fruit Salad.

Nº. 179.—Peel and slice one pound of fruit and put it to boil in one and half tea-cup full of water and four ounces sugar.

Simmer on slow fire till the fruit gets tender. Pour in a salt bowl when cool and serve with custard or whipped cream.

Custard.

No. 180.—Mix together the yokes of two eggs, two ounces sugar, and two tea-spoons of flour in a chatty and place on the fire till the sugar melts. Then pour half a seerboiling milk and stir. When it boils up, remove the chatty from the fire and stir the custard till it cools. Strain, flavour with vanilla and serve with fruit salad.

Boiled Custard.

No. 181.—Boil half a seer of milk and add to it two tea-spoons of flour mixed with a little water. Give it another boil and remove the chatty from the fire and let it cool. Mix in a tea-cup three eggs, three ounces sugar, and add to it the milk and vanilla flavour. Strain and pour in a buttered bowl and steam till firm. Serve when cool.

Brown Custard.

No. 182.—Burn one heaped desert-spoon of sugar till quite brown, stir in two tea-spoons of water, pour the syrup into a pudding mould and make it run all over. Prepare the custard according to recipe No. 181. Pour the batter into the mould, place the latter in a chatty with boiling water, reaching only to the middle of the mould, place hot coals on the cover of the chatty and steam the pudding for an hour. It will have a brown coating when turned out on a dish.

Chocolate Pudding.

No. 183.—Boil one seer of milk. Mix in a tea-cup yokes of four eggs, half a spoon flour, four ounces sugar, two spoons milk and stir gently into the boiling milk on the fire and bring to the boil. Add one ounce soaked jelletin and remove the chatty from the fire and stir four ounces of chocolate pounded fine. Strain when cool. Place the mixture on ice and keep on stirring. When it begins to thicken add vanilla flavour and one wine glass of brandy, and pour into a mould and ice it.

Mixed Fruit Salad.

Nº. 184.—Peel and cut into slices one ripe mango, four plantains, a few slices of pine-apple, six jak fruit pods and any other fruit. Place in a sauce-pan six ounces sugar and a wine glass of wine and boil once and remove the sauce-pan from the fire. Place the fruit in a glass dish and pour the syrup over it and serve.

Calves feet Jelly.

Nº. 185.—Prepare the feet in the usual way. Boil four feet in ten tea-cups of water for four hours ; until reduced to two seers. When cold remove every particle of grease and strain the stock into a stew-pan ; and add one ounce Gelatine (soaked in water) two eggs, and their shells crushed, the stiffly whisked whites of two eggs, eight ounces sugar, the juice of three limes, the rinds of one lemon pared off in the thinnest possible strips, and two wine-glasses of cherry, some cinnamon and cloves. Whisk until boiling ; then draw the stew-pan to the side of the fire, and let the contents simmer for about ten minutes. Strain through a scalded jelly-bag or scalded tea-cloth or a piece of flannel and turn into moulds rinsed with cold water. Turn out when firm and serve.

Jelly. (From Gelatine).

Nº. 186.—Soak one ounce of Gelatine in half a tea-cup of water for half an hour. Drain the Gelatine and pour over it a tea-cup of boiling water and cover the lid. Place in a stew-pan six ounces sugar, the juice of two lemons, one egg, the white of one egg, half a tea-spoon dry tea-leaves, six cloves, a piece of cinnamon, and the crushed shells of two eggs. Mix all together and add the dissolved Gelatine. Whisk until boiling. Cover the lid and remove the chatty from the fire. When cold strain carefully through a piece of flannel. Place the jelly on ice and stir in a wine-glass of sherry, wine, or any sweet liquor. Turn into moulds, ice, and serve.

Roly-Poly Pudding.

Nº. 187.—Prepare the batter according to recipe Nº. 200 "Sponge Cake". Sprinkle a little dry flour on a "thalee" or shall-

ow sandwich tin and bake. Remove the sponge spread on a sheet of paper and roll it up. When cool unroll and remove the paper. Spread jam on the inside to within one inch of the edge. Roll up lightly seal the edges, place in a dish and pour two wine-glasses of sherry on it. Serve with N^o. 180 Custard.

Ice Cream.

N^o. 188.—Make a boiled custard of one seer of pure milk, six ounces of sugar, two tea-spoons flour, and three well beaten eggs, as follows. Boil the milk, mix separately the beaten eggs, flour and sugar with two spoons of cold milk. Add this to the boiling milk and stir constantly till it boils up. Remove from the fire and keep on stirring. When cool strain the mixture, through a piece of coarse muslin, flavour with essence of Vanilla or almond flavouring and pour into the freezer. For the freezing use four pounds of ice to one pound of salt. When half done pour in the juice of two limes and quarter of a pound of cream (if liked) a little fresh fruit or crystallized fruit may be added to the cream if desired.

Macedoine Cream.

N^o. 189.—Prepare the custard according to Recipe N^o. 118 "Chocolate Custard" but without the chocolate. Place the mixture on ice and stir gently, when slightly thick add four ounces mixed crystallized fruit cut into pieces. Pour into a mould and ice. Turn out when firm and serve.

Mince Tartlets.

N^o. 190.—Prepare N^o. 118 Puff Paste and line twelve pattie-pans half an inch thick, trim the edges, and place round them twisted ribbon made of the paste. Place in the centre of each a spoon-ful of N^o. 191 mince. Cover the top with the paste and spread over it beaten egg and trim the edges and bake.

Mince Meat.

N^o. 191.—*Ingredients* :—Eight ounces raisins, eight ounces currants, eight ounces preserved citron, eight ounces suet chopped

fine, two ounces salted tongue chopped fine, two ounces roast-beef minced fine, a tea-spoon of spounded spice, eight ounces sugar, a tea-spoon of salt, one candied lemon peel, the juice of two limes, and two wine glasses of brandy.

Directions. Mix all well together and when the ingredients are well blended, stir in the two wine glasses of brandy; the latter is added as a preservative. Press the whole into a jar and cork securely to be used when required.

Pancakes.

Nº. 192.—Beat well in a chatty two eggs, stir in with them gradually eight ounces of flour, a pinch of salt, then little by little one tea-cup of pure milk. Mix all well together. Place a small frying pan on a slow fire, rub it with ghee, pour in a kitchen spoon of batter and let the cake bake till firm, sprinkle with sugar and a few drops of lime juice, roll it in folds in the pan. Place the baked pancakes in a dish over a chatty of hot water to keep warm till all are baked.

Plum Pudding.

Nº. 193.—*Ingredients* :—Eight ounces raisins stoned, eight ounces currents washed and picked, eight ounces candied peel, eight ounces sugar, six ounces mixed suet, five ounces flour, five ounces fine bread crumbs, the juice of two limes, two ounces almonds, the peel of an orange sliced fine, a tea-spoon of pounded spice, one wineglass of brandy, a tea-spoon of salt and eight eggs.

Directions.—Stir all well together and mix the mass thoroughly. Dip a cloth in boiling water, drain it, sprinkle it with flour, put in the pudding, tie it loosely to make room for the swelling, put it in a chatty of boiling water, and boil it for four or five hours, turning it two or three times. Renew the boiling water as it wastes. When ready remove the cloth, put the pudding in a dish pour over it a wineglass of brandy, burn and serve.

Plum Cake.

Nº. 194.—*Ingredients* :—Eight ounces butter, twelve ounces sugar, ten eggs, one pound currents, half a pound raisins, four

ounces candied peel, twelve ounces flour, two tolas of pounded spice, one wineglass of brandy, the juice of two limes, a desert spoon of baking powder, and two ounces sugar burnt and made into syrup for colouring.

Directions. Put the butter and sugar together and stir them well, add the flour and the yokes of the eggs (first well beaten). Stir this together. Beat the whites to a stiff froth in a separate dish. Add a spoonful of flour and one of froth at the time to the rest. Lastly add the currents etc. Line a tin with double paper at the bottom and a sheet of paper all round well buttered. Pour in the mixture, leaving four fingers from the top as the cake will rise two fingers. The cake must be baked at the bakery.

Raisin Cake.

No. 195.—*Ingredients* :—Four ounces butter, four ounces sugar, a pinch of salt, four eggs, two table-spoons of milk, five ounces flour, four ounces raisins, tea-spoon of baking powder, one wine-glass of brandy.

Directions.—Beat the butter and sugar and a pinch of salt for ten minutes, then throw in and mix well, one by one, the yokes. Add the milk, flour, raisins, baking powder and the brandy gradually, stir in the whites, (beaten to a stiff froth) little by little. The cake must be baked at the Bakery.

Queen Cakes.

No. 196.—*Ingredients* :—Half a pound of flour, quarter pound of butter, quarter pound of sugar, four eggs, two ounces almonds, one lemond rind, (grated), four ounces candied peel, a tea-spoon baking powder.

Method. Put the butter, sugar, almonds, the yokes, lemond rind and the baking powder, and beat up to a light cream. Add the whites of the eggs well beaten, then the flour and the rest of the ingredients and mix well. Put it into small greased tins, sprinkle a little sugar on each and bake.

Rock Cakes.

Nº. 197.—*Ingredients*:—Four ounces butter, four ounces sugar, three eggs, four ounces raisins, one grated nutmeg, two table-spoons of milk, eight ounces flour.

Method. Rub the butter, sugar and flour well together (the flour should be dried and sifted); mix in the eggs well beaten, the grated nutmeg, milk and raisins. Drop a table-spoon of cake mixture, which should be fairly stiff, for each cake, upon a greased baking tin as roughly as possible and bake for about quarter of an hour in a rather quick oven.

Heart Cake.

Nº. 198.—*Ingredients*:—Four ounces each of butter and sugar, four eggs, two table-spoons of milk, six ounces flour, two ounces currents, two ounces raisins, a little baking powder.

Directions. Mix the butter, sugar and the yokes and beat up to a light cream. Add the milk, flour, currents, raisins and the whites well beaten. Mix well together. Put it into heart-shaped greased tins and bake.

Ginger Cakes.

Nº. 199.—Mix together four ounces butter, three ounces sugar, four ounces jaggree syrup, the yokes of three eggs till the sugar dissolves. Then add one spoonful fry pounded ginger, a little baking powder, the whites beaten, and eight ounces flour. Line a tin with greased paper, pour the mixture and bake.

Sponge Cake.

Nº. 200.—*Ingredients*: Six eggs, three ounces sugar, the juice and rind of one lemon, three ounces flour.

Directions. Whisk the whites to a stiff froth. Add the yokes gradually and beat well for five minutes longer. Then put in the sugar, a spoon at a time, next the flour, little by little. Throw in the lemond rind and juice, beat the mixture for ten minutes longer. Pour in a tin and bake.

Cheese Cakes.

№. 201.—Place two tea-cups of pure milk in a chatty on the fire ; when it begins to boil squeeze in the juice of a sour lime, pour the curdled milk into a napkin, which tie as for a boiled pudding and let it drain ; the curd will form a lump, which place in a chatty and roll it smooth with a pudding stick. Add the yokes of three eggs, two ounces of butter, three ounces of almonds ground, and sugar to taste. Line the patty-pans with puff paste №. 171 Tart Paste, fill in the curds. Dust powdered sugar on the top and decorate with crossed bands of pastry and candied peel. Place twisted paste also round the rims and bake a light brown.

Cocoanut Sweet.

№. 202.—Boil one pound sugar in seven ounces of water and strain into a sauce-pan. Place the sauce-pan on the fire and reduce the liquid to about half the quantity. Throw in one pound cocoanut flakes, ground fine, and the yokes of the eggs, one by one. Mix thoroughly and remove the chatty from the fire. Keep on mixing till it cools. Then add eight ounces of rolong (slightly roasted on a "Thoa") a pinch of salt and the yokes of three eggs (well beaten). Line a deep plate, or a shallow sandwich tin with paste, pour the mixture in and decorate the top with cross strips of the paste and bake.

Cocoanut Nuts.

№. 203.—Make half a pound of sugar into a thick syrup with a tea-cup of water. Add twelve ounces cocoanut, scraped and ground fine and the yokes of ten eggs, one by one. Remove the chatty from the fire, mix well and let it cool. Then add to it two pounds of rolong (previously roasted) and mix well. Form the mixture into small shapes and sprinkle with pounded sugar. Arrange then on a chatty lid and bake.

Plain Nuts.

№. 204.—Mix together one pound of sugar, eight eggs and the yokes of six eggs, into a thick cream. Add fifteen ounces flour,

and Vanilla (or any other flavour). Pour on a greased tin a kitchen-spoon of batter for each nut, sprinkle a little sugar on each and bake.

Butter Biscuits.

N^o. 205.—Mix together four ounces butter, the yokes of three eggs, and three ounces sugar pounded fine. Then add a tea-spoon of caraway seed, two ounces cornflour, a little baking powder and as much flour as will make the whole into a stiff dough. Knead the dough, cut into shapes and bake.

Toffee.

N^o. 206.—*Ingredients* :— One pound cocoanut flakes, one and a half pounds jaggree, six ounces roasted gram dhall or caju-nuts, salt to taste.

Directions. Mix into a syrup the jaggree and throw in the cocoanut flakes. Then the gram dhall or nuts, boil the mixture on a slow fire till it can be formed into stuff balls with the fingers, then roll out on a buttered board with a rolling pin, about half an inch thick and cut into diamond shapes.

Cocoanut Cheese.

N^o. 207.—Melt one pound of sugar in seven ounces of water. When the syrup boils and feels sticky, add eight ounces cocoanut flakes ground fine, and two ounces rolong and keep on stirring on slow fire till it thickens and before it dies, remove and place the mixture in buttered plates and press it down with a piece of buttered plantain leaf or paper. Serve when cool.

Cocoanut Puffs.

N^o. 208.—Mix together one pound flour and a little salt with sufficient water. Knead the dough well roll it out very thick and cut into shapes. The sweet-meat is made of cocoanut flakes and jaggree mixed well. Put a portion of sweet-meat in each, press the edges and fry the patties in ghee or oil.

Rice Pancakes.

Nº. 209.—Steep two pounds of rice in water over night and grind it into fine flour, and mix with it, the milk from one cocoanut, a tea-cup of toddy and salt to taste. Keep this aside for about half an hour, near the fire place, for it to rise. Place the “Thoa” on the fire, pour a big kitchen spoonful of the mixture, cover with a deep earthen cover. After about five minutes remove the cover and take the pancake out with a knife.

Rice Pancakes and Cocoanut Milk.

Nº. 210.—Prepare the cakes according to recipe Nº. 209 and keep aside. Prepare milk from two cocoanutes and stir in twelve ounces of jaggree and strain the mixture in a bowl, steep the cakes in and serve.

Rice Vermicelli.

Nº. 211.—Soak one pound of rice in water and grind it into fine flour. Add salt and sufficient water to make it into thick batter. Pour some into saucers and steam. When firm remove and press in a potatoe masher or Vermicelli machine. Place in a dish and sprinkle over it cocoanut flakes and jaggree mixed.

Rice Flour Balls.

Nº. 212.—Soak two pounds of rice in water and grind it into fine flour. Mix with it salt to taste and steam it slightly to harden the dough. Then make the mass into small balls. Place them on a “thalee” and steam. Mix together the flakes of one cocoanut and eight ounces jaggree. Mix with it the steamed balls and serve.

Almond Nuts.

Nº. 213.—Mix together one pound of pounded sugar and the whites of three eggs. Then mix with four ounces almonds blanched and sliced. Make the mass into small balls and roll each in pounded sugar into a round smooth shape. Place on a greased tin and bake on slow fire.

Wheat Cake.

Nº. 214.—Grind two pounds of wheat on a hand-mill or “chukee”. Mix the flour with two tea-cups of toddy, twelve ounces jaggree, the flakes of one cocoanut, (ground fine), and salt to taste. Prepare the mixture in the evening and keep till the next morning. Make the mass into balls, flatten them a little and bake.

Sweetmeat on Saffron Leaf.

Nº. 215.—Soak and grind into fine paste one pound rice. Mix with it a little salt and keep the chatty on boiling water and steam slightly. Then mix the dough well. Wash and wipe dry twenty-four saffron leaves. Spread the dough in a thin layer on the leaves. Make the sweetmeat of the flakes of four cocoanuts and one pound jaggree. Mix the two together well and put a layer of it in each leaf and fold it up. Place a large chatty on the fire two-thirds filled with water. Arrange bits of bamboo sticks in the chatty in triangles till they reach a little above the water. Place the sweetmeat-leaf-cakes on the sticks (they should not touch the water) Cover the lid and steam.

Sweetmeat Hulwa.

Nº. 216.—Place in a chatty one pound cocoanut flakes and one pound jaggree. Place the chatty on the fire and simmer till the jaggree melts. Then add to it four ounces roasted gram dhall, six ounces cajunuts and salt to taste. When it dries up remove the chatty from the fire and put the mass into earthen mugs and serve.

Sweetmeat Cones.

Nº. 217.—Soak and grind into paste two pounds rice and prepare the dough as shown in recipe Nº. 215. Take about twenty to thirty jack-fruit leaves, fold them into cone chapes and pin each one with a piece of broom-stick. Put a layer of the flour-dough on the inside of the cone, fill it up with sweetmeat made of cocoanut and jaggree cover it up with a layer of dough and steam as shown in recipe Nº. 215.

Jaggree Porridge.

Nº. 218.—Boil two seers of water and throw in quarter of a seer Toor dhall, cleaned and washed. Boil the dhall till soft, stir in one pound rice flour mixed with a seer of water, four pounds jaggree and salt to taste. Prepare the milk from six cocoanut thick and thin. Pour in the thick milk first and lastly the thin milk. Cook for ten or fifteen minutes longer and serve.

Genoese Cake.

Nº. 219.—*Ingredients* :—Flakes of two cocoanuts, one pound rice (soaked and ground) one and a half pounds of jaggree and a little anise seed.

Directions. Mix all the above ingredients into a stiff dough with water. Make the mass into a ball press it on a “thalee” and bake.

Rice Pancakes.

Nº. 220.—Soak and grind into a smooth paste one pound fine (uncooked) rice, stir in two tea-cups of water, the whites of four eggs and salt to taste. Mix all well together. Place a frying-pan on a slow fire, rub it with oil, pour in a kitchen-spoon of batter, and let the cake bake till firm. Sprinkle with cocoanut and jaggree mixed together and roll in folds.

Rice Hulwa.

Nº. 221.—Wash, dry and roast on a thoa two pounds of rice and pound or grind on a hand-mill and pass through a sieve. Simmer on slow fire the flakes of two cocoanuts (ground fine) and one and a half pounds jaggree till the latter melts. Remove the chatty from the fire, pour in the pounded rice flour and salt to taste and knead into a smooth paste. Press the mass into small pattie-pans or forms and turn out on a dish.

Mango Preserve Nº. 1.

Nº. 222.—Have large (half ripe) mangoes, free from threads, pared, quartered. Allowing eight sugar ounces to a pound of fruit when pared and stoned. Put the mangoes with the sugar in

a jar, cork tightly and tie with a piece of wire. Wrap some grass (paddy grass) round the jar and place it in a large chatty of cold water about two fingers below the neck of the jar. Place the chatty on the fire and let the water boil up slowly. Remove the chatty from the fire. Do not remove the jar till the water gets cool. Then wipe the jar and keep in a cool place. This preserve will not get spoiled even if it is kept for years.

Mango Preserve N^o. 2.

N^o. 223.—Have large green mangoes, free from threads, pared and quartered and weigh four pounds after the fruit is pared and stoned. Boil two tea-cups of water and a pound of sugar, throw in the mango slices and simmer on slow fire. Make a thick syrup of three pounds sugar and three tea-cups of water throwing in a little alum. Simmer on gently till the syrup gets as thick as oil. Then pour in the mangoes with the greavy, stir, and remove the chatty from the fire. Reboil and simmer it again the next day and fill up in jars when cool.

Orange Marmalade.

N^o. 224.—Take Nagpur Oranges, halve them and squeeze the juice into a bowl. Add its own weight of sugar to the strained juice, stir constantly and boil the mixture on a moderate fire till the syrup thickens, carefully removing the scum. Bottle it when cool. Soak the peel in water, (to which a little salt has been added,) then boil them till they may be easily pierced. Throw them in cold water and scrape away the white pith from the inside. Slightly press peels in cloth to dry them. Cut them in short strips make their weight of sugar into a thick syrup with water, put in the peels and boil them together for a few minutes, adding the strained juice of two or three limes. Pour in the syrup of orange juice prepared the first day, and simmer the marmalade for a few minutes longer. Bottle when cool.

Guava Jelly.

N^o. 225.—Skin and quarter the fruit, and boil it gently in water (just sufficient to cover it) till the fruit is quite soft. Put

the whole into a jelly bag and let the juice drip without any pressing. Allow three quarters of a pound of sugar (sugarcandy is better) to a pound of juice and two ounces strained sour lime juice to a pound of juice. Put these in a pan over a moderate fire and keep stirring the jelly, carefully removing the scum till it thickens, put a little on a plate, and, if firm, the jelly is done. Bottle when cool.

Roselle Jelly.

Nº. 226.—Weigh eight ounces of the fruit after the seeds are removed, wash it and put it to boil in four ounces of water and the juice of one sour lime. Boil this gently, stirring occasionally until the juice is well drawn from the fruit. Let the juice drip through a coarse towel without any pressing. Add one pound of sugar to the strained juice, boil this gently, removing the scum and stirring constantly. When the jelly begins to get thick, drop a little on a plate to cool, and if firm it is done. Bottle when cool and when cold cork the bottles.

Mango Jelly.

Nº. 227.—Pare and slice the green fruit and boil two pounds of it in twelve ounces of water, till it softens. Strain the juice through a towel and simmer on slow fire for a few minutes. Then add to the juice one pound of sugar. Boil the mixture gently, skimming carefully and stirring constantly till the jelly sets.

Guava Cheese.

Nº. 228.—Skin and halve the fruit, and scoop out the seeds. Place the latter in a bowl of cold water. Put the rest of the fruit also in cold water, just enough to cover it, and simmer gently till it softens, when grind it to a smooth pulp and rub it through a curtain net. Make a syrup of the water the guavas were boiled in, allowing three-quarters of a pound of sugar to a pound of fruit, stir the ground pulp in the syrup; strain the other pulp from the seeds (boil it first) and mix it with the rest. Boil the cheese gently, on a slow fire, stirring constantly till it reaches a point when a little could be rolled into a ball. Place the cheese

in a buttered mould or soup-plate and when cool cover it with paper well buttered to preserve it.

Sweet Mango Chutney.

N^o. 229.—Four pounds of mangoes, three pounds of soft sugar, two bottles of vinegar, two ounces mustard, two ounces red chillies, two ounces each of garlic and ginger.

Directions. Pare, stone and cut into small pieces the green mangoes ; place them in a sauce-pan and simmer in one bottle of vinegar till they become soft. Grind with vinegar the chillies, garlic, ginger and mustard and mix the mussala with one bottle vinegar and one pound of sugar and simmer till the gravy becomes thick. Then pour in the cooked mango pulp and the remaining sugar and simmer on slow fire for about twenty minutes longer and remove the chutney from the fire and keep in a cool place. Next day cook it again for a few minutes and bottle. Do not cork the bottles till the next day.

Note :—This chutney will not be ready for use in less than three months.

Chutney of Mangoes and Peaches.

N^o. 230.—*Ingredients* :—Four pounds of fruit, four bottles of vinegar, six pounds sugar, four pounds raisins, four ounces mustard seed, two ounces red chillies, one ounce garlic, one ginger.

Method :—Prepare the chutney according to recipe N^o. 229 (Sweet Mango chutney).

Worcester Sauce.

N^o. 231.—*Ingredients* :—Three bottles of vinegar, two and half pounds sugar, three ounces each of currents, black raisins, garlic and ginger, one ounce cloves, one ounce chillies, half an ounce pepper corns, four ounces salt, three table spoons of Anchovy sauce, three onions.

Directions :—Grind with one bottle of vinegar, the currents, raisins, garlic, ginger, cloves, chillies, pepper, salt and onions. Melt one pound of sugar in a sauce-pan and simmer till it turns dark, brown. Then throw in the ground mussala and one bottle

of vinegar, stir and simmer the mixture for half an hour. Then remove the chatty from the fire. Warm the sauce again the next day and strain through a course cloth with the remaining bottle of vinegar. Then add to it the balance, with one and a half pounds of sugar, boil up and let it cook for about five minutes longer, clean and dry five or medium size bottles and pour in the sauce and keep in a cool place. Do not cork the bottles till the next-day.

Worcester Sauce N^o. 2.

N^o. 232.—*Ingredients* :—Four bottles of vinegar, six ounces dates, four ounces raisins, two ounces ginger, one ounce chillies, one ounce garlic, one ounce mixed spice, four ounces tamarind. Make the sauce according to recipe N^o. 231.

Tomato Kusondi.

N^o. 233.—*Ingredients* :—Eight pounds tomatoes (cut fine) one pound green ginger (ground coarsely) eight ounces garlic (cut very fine) six ounces dry chillies (pounded fine), four ounces jeera powder, four ounces green chillies, (cut into halves) twelve ounces kitchen salt, one and a half pound mustard oil, four ounces saffron. Powder sugar according to taste, two bottles good vinegar.

Directions :—Warm the oil first, then add ingredients and cook well. Put in the tomatoes last and cook until tender on a slow fire or oil stove. The ingredients mentioned must be pounded dry and no water used. Bottle when cool and be sure the mustard oil covers the kusondi. This prevents it from getting bad.

Note. Do not make too much as it may not last too long.

Mango Pickle. (Highly Recommended.)

N^o. 234.—Cut twenty-five large mangoes into small pieces and sprinkle over them one seer of coarse salt. Let this stand for three days, mixing them thoroughly about twice a day. Grind in vinegar four ounces red chillies, eight ounces garlic, eight ounces ginger, one ounce jeera, six ounces mustard seed; one pound sultanas, four ounces saffron, one pound sugar, two bottles sweet oil, one ounce methee seed. (Mustard and Methee seed must be roasted

and husked). First boil the oil with curry pak leaves, then put in all the mussala, sugar, and mangoes, and cook it for ten or fifteen minutes.

Brinjall Pickle.

N^o. 235.—Three pounds brinjalls (keep in salt for a few minutes after cutting) two ounces red chillies, one ounce saffron, four ounces garlic, four ounces ginger, one ounce methee seed, one ounce mustard seed, one ounce jeera, one pound sugar, one pound sultanas, one bottle C. & B. vinegar, one bottle sweet oil, Cook the same way as the mango recipe N^o. 234 (methee and mustard to be roasted and husked.)

Mango Chutney.

N^o. 236.—Eight pounds mangoes, six pounds sugar, six pounds sultanas, quarter of a pound of garlic, quarter pound each of green ginger and mustard seed, half a pound salt, one ounce chillies, two and a half bottles of vinegar.

Directions. The mangoes garlic and ginger to be cut fine, or minced through a mincer, mustard seed and chillies to be pounded fine. Mix all the ingredients together with the mangoes, vinegar etc. Stir all together and cook stirring it constantly until sufficiently done. Only two bottles or less of vinegar may be used according to taste.

Mango Kusondi.

N^o. 237.—*Ingredients* :—Eight pounds or fifty mangoes peeled and sliced, half a pound of chillies, one-eight pound saffron, quarter pound mustard seed, quarter pound each of jeera and methee seed, half pound green ginger, half pound garlic, half a pound salt, two pounds of sugar, half a pound tamarind cleaned and soaked in vinegar, two bottles mustard or sweet oil, two bottles vinegar.

Directions. Soak the sliced mangoes in the salt for twelve hours. Then tie in a clean cloth and squeeze out all the water. Then mix with it all the ingredients together with the oil and remaining vinegar and fill in a jar, cork well and put the jar in

the sun for about 6 to 8 days, when it will be ready for use. A little more salt may be added if required. This pickle may also be cooked. Some prefer it to be put in the sun, either way is nice.

Prawn Balchow.

Nº. 238.—Shell, wash, and grind a large tea-cup of prawns. Grind fine one tea-spoon of jeera, one and a half tea-spoons of pepper corns, three inches of turmeric, and twelve dry chillies. Boil half a quart of sweet oil, and fry well one pound of onions minced small, add the ground prawns and mussala, stir well, put in next three ounces of garlic, four ounces of green ginger, and six green chillies sliced fine, with twelve bilambees halved, six or eight curry-pak leaves and sufficient salt. Simmer the balchow till well cooked, stirring it often. If the taste is not sufficiently acid, add some lime juice. Bottle when cool.

Sweet Mango Chutney Nº. 1.

Nº. 239.—Grind in vinegar six ounces each of dry chillies, salt, garlic and fresh ginger. Simmer in two bottles of vinegar, six pounds of green mangoes, pared and minced, till the fruit gets soft, and in another vessel make four pounds of sugar into a thick syrup. Place the boiled mangoes and the syrup together in one chatty, with two pounds of raisins, two pounds of plums, and the ground mussala well mixed; simmer the chutney for half an hour longer, stirring constantly. Bottle when cool.

Sweet Mango Chutney Nº. 2.

Nº. 240.—Six pounds of mangoes, six pounds of soft sugar, four pounds of raisins stoned, two pounds of almonds, one pound of salt, quarter of a pound of green ginger, six ounces of dry chillies, and three ounces of garlic.

Directions. All to be well cleaned and cut small; to be mixed with three bottles of vinegar, and put in the sun for five days before putting into bottles.

Note. This will not be ready for use in less than 3 months. The Chutney is very palatable.

Sweet Mango Chutney (excellent) N^o. 3.

N^o. 241.—Boil gently together three pounds of green mangoes, cut in small pieces, and three pounds of sugar, till of the consistency of jam; add to the latter four ounces each of green ginger, and garlic sliced, one ounce of dry chillies pounded and sifted, and one pound of plums and simmer for six minutes longer. Stir in the chutney half a bottle of good vinegar and salt to taste, and give it one boil more. Bottle when cool.

Sour Lime Chutney N^o. 1.

N^o. 242.—Cut twenty-five sour limes in quarters half way; stuff them with salt, dry them three days in the sun, bringing them in at sunset. Give them a shake each time before putting them out in the morning. Mince small the dried limes, grind in good vinegar separately twenty-five dry dates, twelve or more large dry chillies, three or four garlics peeled and one ounce of green ginger. Mix all together and sweeten the mixture with sugar, first adding to it the strained juice of twenty-five juicy limes. Use the chutney after seven days.

Sour Lime Chutney N^o. 2.

N^o. 243.—Cut twenty-five sour limes in quarters, salt and dry as in recipe above. Soak in vinegar for ten days, after which mince fine. Grind in vinegar twenty dry chillies, three or four slices of garlic, cleaned and well dried; and sugar to taste. Mix all together with vinegar to a proper consistency.

Lime Pickle N^o. 1.

N^o. 244.—Cut fifty limes half way down in four. Pound separately ten ounces of salt and one and a half ounces of turmeric; mix both together and fill them in the limes. Place them in a jar. Cut fifty more limes and squeeze out the juice, which pour into the same jar. Shake the latter often during the next two or three days.

Lime Pickle N^o. 2.

N^o. 245.—Take the juice of a hundred limes and keep it in a basin. Take a hundred limes, place in cold water, boil them up

once, dry them in cloth ; get one and a quarter pounds of red dry chillies, pound them fine, one pound of salt, one pound of garlic, half a pound of mustard seed, quarter a pound of jeera, quarter a pound of culonjee or onion seed. The three last must be separately roasted on the "thoa" for a few minutes ; pound two-thirds of this and leave one third whole. Pound the garlic fine, mix this with all the mussala with a little of the lime juice and salt like dough. Cut the boiled limes in four half-way down. Stuff each with mussala, pour over all the lime juice, and two bottles of TEEL oil or mustard oil. The oil must be warmed till it makes a noise ; mix the pickle all together with twelve green chillies and put in bottles.

Carrot Pickle.

Nº. 246.—Cut the carrots half way in four, sprinkle them well with salt, dry them in the sun for 3 days, removing them before sunset. Wash the carrots in vinegar and put them in a jar ; for a pound of carrots add a table-spoon of husked mustard seed, a dozen green chillies left whole, two ounces of green ginger, and two or three garlies, cleaned and sliced. Cover the pickle with good vinegar and cork the jar well.

Ambarro Pickle.

Nº. 247.—Is made in every way exactly like mango Pickle.

Onion Pickle.

Nº. 248.—Peel small onions, and place them in a bowl for one night, sprinkling them well with salt. Wash them in the water they give, and dry them in the sun on a cloth spread over a mat, turning them two or three times. Boil as much vinegar as you require for the pickle with dried chillies broken up, and pepper corns, allowing three or four large chillies and a tea-spoon of pepper to a tea-cup of vinegar. When the vinegar boils once pour it over the pickle. Bottle when cool.

Prune Pie.

Nº. 249.—Wash half a pound of prunes, soak them, and cook till soft in the water in which they were soaked. Remove the

stones, cut the prunes into quarters, and use as a filling for a flat pie. Cover with half a cupful of sugar, squeeze over a table spoonful of lemon juice, dredge with a table spoonful of flour, and pour over the liquor in which they were cooked, reduced to a table spoonful and a half. Before adding the top crust put a few small dabs of butter on the prunes. If liked a meringue can be used instead of a second crust, in which case the pie should be baked for the pastry.

Prune and Cranberry.

Nº. 250.—Take a quarter of a pound each of prunes and cranberries, soak the prunes overnight and cook next day with the cranberries until tender. Add a small cup of sugar, a table spoonful of butter and a dust of powdered cinnamon before using as a filling for a flat tart with double crust.

Prune Charlotte.

Nº. 251.—Wash and soak half a pound of prunes and stew them till tender. Then drain, remove the stones and cut them in half. Crease a fireproof dish, make a layer of bread crumbs, then one of prunes, sprinkled with lemon juice, add a little chopped apple and some sugar and continue the layers, finishing with bread crumbs and dabs of butter. If rather dry add a little of the juice in which the brunes were cooked and bake.

Gram Hulwa.

Nº. 252.—Twelve ounces of husked gram to be boiled soft and ground fine, three cocoanuts scraped and ground smooth, one pound of sugar to be made into a thick surup.

Directions. Mix these together, stir and boil gently till the Hulwa hardens.

Sweet Potato Hulwa.

Nº. 253.—Boil and skin one pound of sweet potatoes and grind them into a smooth paste and remove the strings. Prepare thick milk from three cocoanuts. Make a thick syrup of one pound sugar and a tea-cup of water add the ground

sweet-potatoes and the cocoanut milk. Stir and boil gently till the hulwa hardens. Press into a dish and cut when required.

Rolong Hulwa.

Nº. 254.—Warm half a tea-cup of ghee, and fry a tea-cup of rolong till it smells nice, then pour in three tea-cups boiling water and boil the rolong ; lastly add a tea-cup of sugar with some cardamons, stir till the mixture thickens. Press into a dish and cut in diamonds.

Fried Vermicelli.

Nº. 255.—Fry a pound of Vermicelli in ghee, then pour in sufficient water to cover the Vermicelli. Sweeten to taste and simmer on slow fire till the water dries up.

Fried Vermicelli. (Parsi Mode).

Nº. 256.—Brown twelve ounces of Vermicelli in ghee till it becomes nice golden brown, then pour in a tea-cup of water and six ounces of sugar and simmer on a slow fire. When done thoroughly remove from the fire, and pour in a wineglass of pure rose-water and stir well. Put into plates and sprinkle over the top fried cardamons, raisins, sultanas, pistachos, and almonds.

To Boil Country Vermicelli.

Nº. 257.—Boil some water in a chatty and throw in two handfuls of the Vermicelli with a little salt, and boil it fast for about ten minutes. Keep on the cover, pour off the water, turn the chatty, on a prop on a board, and drain off the remaining water. Serve it with milk and sugar.

APPENDIX

Bebica.

(The sweet of many layers, very delicious,
popular among the Portuguese.)

Ingredients.—40 eggs, 4 cocoanuts, 1 lb. of flour, and $\frac{1}{2}$ seer ghee.

Prepare thick milk from the cocoanuts and a little thin milk. Melt the sugar into syrup and then cool it. Mix with the thick "cocoanut milk and the flour. To this mixture add the yokes of the eggs well beaten and strained.

Warm the ghee in a vessel. When it melts put in a cup of the above prepared mixture. Let the fire in this case, underneath be very low and have a lot of burning coal on the top. When this gets brown, then put in another cup of the mixture. Let this get brown. Now remove the fire underneath and let the fire on the top remain. Go on putting fresh cups of the mixture as the previous ones get baked, till the contents are exhausted. Each time the mixture is put in you get one layer.

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